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Heales

1906

THE "QUEEN" COOKERY BOOKS.

LIST OF PREVIOUS PARTS.

- No. 1. SOUPS.
„ 2. ICES.
„ 3. PICKLES AND PRESERVES.
„ 4. ENTRÉES.
„ 5. MEAT AND GAME.
„ 6. SWEETS (PART 1).
„ 7. „ (PART 2).
„ 8. BREAKFAST AND LUNCH DISHES.
„ 9. SALADS, SANDWICHES, AND SAVOURIES.
„ 10. VEGETABLES.
„ 11. CAKES AND BISCUITS.
„ 12. FISH (PART 1).
„ 13. „ (PART 2) (COLD FISH).

These will be followed by :

HOUSEHOLD HINTS.

THE "QUEEN" COOKERY BOOKS.

NO. 13.

F I S H.

PART II.

(COLD FISH.)

COLLECTED AND DESCRIBED BY

S. BEATY-POWNALL,

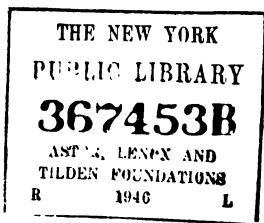
Departmental Editor "Housewife and Cuisine," *Queen Newspaper*,
and Author of "A Book of Sauces."

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PREFACE

LITTLE, if any, originality is claimed for the following recipes, most of which have appeared in the Cookery columns of the *Queen* during the last eight or nine years, from whence they have been collected at the request of many readers of the *Queen*, to save reference to back numbers not always within reach. Additional recipes have, however, been given, to bring this little work as much up to date as possible; but all these, like the previous ones, have been carefully tested, and are all (as I know from practical experience) well within the capacity of any ordinary "good plain cook," gifted with fair intelligence and a little goodwill. I desire also to take this opportunity of acknowledging my indebtedness to the various authors of standard foreign cookery books, and also to offer my grateful thanks to Mrs. A. B. Marshall, and several other well-known chefs, whose kindness has so materially helped and rendered possible my work in these last years.

S. BEATTY-POWNALL.

July, 1903.

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Wales.

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COLD FISH.

CHAPTER I.

LARGE FISH, WHOLE.

ABROAD the appearance of a whole large fish in jelly, or *en chaussoix*, is far more common than it is with us, though a whole salmon is occasionally to be seen at large ball suppers and such like. Many fish are susceptible of this treatment, with great advantage, for it offers a welcome change, and, moreover, allows of the use of many which we have almost forgotten. Besides this, it must be remembered that it is not absolutely necessary to have a whole fish. A good cut from the centre of a large one (technically known as a *tronçon*, of whatever fish is chosen), the head and shoulders (in French the *hure*), or even the tail end, may be served cold with any of the garnishes adopted for the whole fish. Salmon is, of course, *facile princeps* as a cold side-board dish. Firstly, it may be served plainly boiled in the usual way, with a garnish of parsley, watercress, &c., the sauce being handed in a boat. Concerning the

sauce it is well to observe that it is always better, when possible, not to add this condiment till the last minute, as the steeping of the fish in so rich a substance is apt to make it both soppy and indigestible. As will be seen later in the chapter on mayonnaises and such like, the accusation of unwholsomeness frequently brought against salmon, shellfish, &c., is far more often the result of steeping an already rich fish in an even richer sauce (a sauce, moreover, which has a tendency to grow rank and strong if exposed to the air), than to the nature of the fish itself if thoroughly fresh and properly prepared. But though a good fresh fish may be perfectly well served cold after plain boiling, most connoisseurs and good chefs advise the use of a *court-bouillon*, or broth composed of herbs, fish-stock, wine, milk, &c., instead of water. This *court-bouillon* may be kept ready, and can be used over and over again, only boiling up in it a little more stock, &c., as the liquid evaporates. The method of preparing this is as follows: Slice thinly 2oz. each of onion, carrots, and a good bouquet (including a small blade of mace and $\frac{1}{2}$ oz. each of celery and parsley), and fry these in $\frac{1}{2}$ oz. of butter in a fairly large pan, seasoning them as they cook with half a teaspoonful of salt, and half that amount of freshly-ground black pepper, a few peppercorns, and a small teaspoonful of grated horseradish; when the vegetables are soft, but not coloured, add a pound of fish trimmings and a quart of warm water, to which you have mixed a gill of best French vinegar, or wine, red or white, according to circumstances. If made with white wine this is known as *court-bouillon*, if with red wine it becomes *court-bouillon au bleu*, whilst if vinegar is used it is called *court-bouillon simple*. Bring all these ingredients to the boil, skim thoroughly, then simmer steadily and gently for an

hour, after which strain. It may now be kept for use, or be re-boiled, when the fish is plunged into it, the liquid again allowed just to boil up after the chill caused by the addition of the cold fish, the kettle being then covered down, and its contents kept at gentle simmering point till the fish is cooked. When ready, lift the fish into a deep earthenware dish, and allow it to cool in the court-bouillon—the latter, by the way, if helped out with a little more fish-stock, stiffened with gelatine (using $\frac{1}{4}$ oz. to $\frac{1}{2}$ oz. of gelatine to the half pint of stock, according to the use you wish to put the jelly to), making most excellent aspic jelly for decorative or other use. The above quantities would be sufficient for a trout, or a grey mullet, but they would have to be increased (keeping the proportions correctly) for larger fish; still as, if tightly corked down, this court-bouillon keeps well, this is no disadvantage. Another way of serving whole fish is *en marinade*. For this cleanse and trim the fish, split it open, and rub the inside over with fine salt; leave it thus, cut-side uppermost, for an hour or so, after which wipe it and lay it in the pan prepared for it. For the pan, where possible, it is best to have a fireproof dish, either of French china, or glazed earthenware, oval or oblong, but in any case long enough to let the fish lie out straight in it at full length. Line the bottom of this with sliced onion, turnip, and carrots (using one part turnip, or less, to two of carrot, and three of onion), scattering the surface with minced parsley, scraped horseradish, sweet herbs, and a generous allowance of freshly-ground black pepper. Lay the fish on this, then pour in equal quantities of fish-stock and good vinegar, or light French wine, to cover the fish, and bring it slowly to the boil, drawing it aside directly it reaches this point, only allowing it to simmer in the

gentlest way till cooked, when it must be lifted off at once, and left to get cold in the marinade. To serve fish thus treated, lift it out of the marinade, and place it on a dish, garnishing it with any nicely-seasoned salad to taste, moistening it with a little (very little) of the marinade, and sending the rest to table in a sauce boat. This recipe may be varied to suit individual taste, the vinegar and wine being especially a matter for personal opinion. Moreover, the lining of the marinade pan may also be varied, either by simplifying, or increasing, the flavours. Already cooked cold fish may be improved by allowing it to steep in a mixture of oil, vinegar, parsley, mixed herbs, peppercorns, bayleaf, a strip of lemon peel, cloves and salt. The proportions for this would be half a gill of oil to one tablespoonful of vinegar, a shallot or small onion, a bayleaf, five or six cloves, a saltspoonful of salt, a spoonful of minced parsley (the stalks of parsley roughly chopped answer very well for this), half that amount of mixed herbs, eight or ten peppercorns, and one or two strips of lemon peel well freed from the white pith. This marinade need not cover the fish as long as the latter is turned now and again, and basted with the liquid, &c. This, it will be seen, is the same marinade as is recommended for hot fish, such as whiting *à la Génoise*, &c. It may also be observed that this marinade is much liked by many people, when the fish is afterwards to be served as *vinaigrette* or *en mayonnaise*, if it is strained and used in the manufacture of the sauce.

A more recondite, but certainly excellent marinade is that recommended by Colonel Kenny-Herbert (Wyvern), which is, I believe, of Eastern origin. "For a fish of 1lb. to 1½lb. weight, slice thinly 3oz. of onion, 1oz. juicy, fresh, green ginger, one capsicum, or six

green chillies freed from pith and seeds, and shredded, with 2oz. of tomatoes ; arrange this in the pan as before and strew the surface with a teaspoonful each of minced green mint, and coriander seeds (not powder), ten or twelve peppercorns, and four cloves, and proceed as advised for ordinary marinade." Decorate fish thus prepared with shredded chillies, green and red, nasturtium seeds, sliced green ginger, tomato and cucumber, and, lastly, seasoned watercress. In serving fish whole, *en chaussoir*, it is impossible to insist too strongly on simplicity ; a fish can be made to look quite as nice lying plainly on its side, as it can if curled into a letter S by the help of *hâtelets* or skewers garnished with all sorts of incongruous " fixings," or *en dauphin*, which, to sensitive persons, is unpleasantly suggestive of death struggles. Neither are much ornamented *socles* of rice, fat, &c., to be recommended, as they take more time and greater skill than the average cook has at command, if they are to be a success. At the same time it must be admitted that its appearance is greatly enhanced if, when dishing it, the fish is laid on a croûton of fried bread spread with green, Gascony, or other savoury butter, or on a slab of plain jelly, as this allows the fish to stand out well from its decoration. But do let me impress on the amateur cook, or the novice, the inadvisability (to use the mildest term) of mixing up with the decoration non-edible adornments, permissible at a state banquet or a large buffet display (perhaps), but utterly out of keeping with the service of a private house. Over-decoration is always to be deprecated, and there is no denying that it is a temptation apt to beset the preparer of cold viands. Did they but know it, such work is more likely to win disgust and blame than approbation from the majority, who are usually very

sensitive of suggestion, and to whom the idea of much handling of their food is especially unpleasant. *Tours de force* in this matter may be wonderful, perhaps, but in most cases one prefers to leave them to the pages of professional gastronomic works intended for the benefit of chefs in royal houses, or large hotels. (I shall never forget one truly awful specimen of this misdirected energy I once encountered, in the shape of a rocky-looking sea green jelly incrustated with waving stems of tarragon, tiny shells, &c., and inclosing in its heart a whole school of wee *living* goldfish! Not even the proud possessor's naïve remark that the fishlets were really in a glass dish slipped into the centre of the jelly, consoled me for the horror, especially as I had just been reading a book on China, which gave a highly coloured description of Celestial taste in the matter of live fish.)

If, however, an upright position is particularly desired for the cold fish, this may be attained when cooking it, by deftly insinuating a whole carrot, one side trimmed to allow it to stand flat, into the inside of the fish, as this will give the required firmness to keep it in place, especially if the dish be garnished with croûtons of aspic, and cleverly arranged little heaps of cold cooked vegetables, tiny darioles of shrimps en aspic, &c. To arrange, when the fish has been opened for cleansing purposes, lay in the lightly-buttered carrot, fasten up the fish again, and cook it in the ordinary way, or *en marinade*, as above, keeping it upright by means of the vegetables lining the pan. In this case, however, omit the carrot from the court-bouillon. Still, personally, I prefer a fish resting naturally on its side, surrounded with seasoned watercress, or other salading, or chopped aspic to taste.

Trout of various sizes, grey and (though few people

seem to realise it) red mullet, mackerel, turbot, brill, and even the humble haddock, are all nearly as good cold as they are hot, if a little trouble be bestowed on the garnishings. Special recipes for the preparation of such dishes will be given in the next chapter, so the subject need not be enlarged on for the moment.

Where a large piece of fish is wished for, though a whole one might prove beyond the capacity of the cook, a large cut may be taken from the middle of a good fish, and boiled either in plain acidulated water, or in court-bouillon, as you please; it is then served plain as it is, simply garnished with hard-boiled eggs halved, with their centres filled with shrimp, lobster, anchovy, Gascony, or other butter to taste, and seasoned watercress; or with tomatoes nicely seasoned with oil, vinegar, salt and pepper, and filled up with green peas, pointes d'asperges, &c., tossed in mayonnaise or vinaigrette dressing. Where salmon or trout is concerned, the following will prove a very effective garnish: Stone some nice olives and fill up the centre with either mayonnaise or anchovy butter, or a filleted anchovy, then fill some little bouchée moulds with aspic jelly, and just as this is setting fix a stuffed olive in each, and leave it till firm. Have ready biscuit crisp, square croûtons, fix on each with a little just liquid aspic, a round of hard-boiled egg-white, and place one of the little olive moulds in each. These may be arranged round the fish alternately with little heaps of chopped aspic, or bunches of season salading to taste. Where white fish of not too strong an individual flavour is in question, the garnish may with advantage be rather more strongly characteristic. For instance, line dariole moulds with aspic jelly, filling these up with cold shrimp, crab, lobster, or oyster

sauce, stiffened with two or three sheets of best leaf gelatine. Or (with cold cod especially), these *darioles* may be filled with *Flemish salad* (i.e., a mixture of bloater or kipper fillets, minced apple, sliced beetroot, dice of potatoes, small Brussels sprouts, picked cauliflower, &c., tossed in mayonnaise, and set in the aspic-lined moulds); or, again, these aspic-lined *darioles* may be filled with a mixture of finely-shredded and crisped celery, blanched and bearded oysters, caviar, white mayonnaise, hard-boiled egg (yolk and white), and coralline pepper, this being particularly nice with cold turbot or brill. Or, again, fill the jelly-lined moulds with a mixture of tomato mayonnaise, mixed with grated Gruyere or Cheddar cheese, a few capers, and boned, skinned, and filleted sardines, finishing the mixture with a dash of anchovy vinegar; this is excellent with cod or haddock. In short these little garnishes may be varied indefinitely, according to what you have in the house, and as they can be prepared some time beforehand without fear of deterioration (the mayonnaise being enclosed in the airtight aspic casing), they may be specially recommended for those Sunday suppers which are such a crux to the average housekeeper.

The hints just given may serve to help the cook desirous of making the best of cold fish served so to say *au naturel*; but the more ambitious *cordon bleu* may, as she will, remove the skin of the fish carefully and cleanly, and then proceed to mask or coat the surface thus exposed, to her mind. One hint I would fain give. If the dish has to stand long, do not use any kind of mayonnaise as the masking medium, for if exposed long to the air this sauce inevitably deteriorates, the oil becoming rank and strong, even if of the

very best quality. If mayonnaise flavour you must have, use any of the mayonnaise aspic—red, white, or green, and when this is fairly set, case it all in just liquid plain aspic, as this keeps off the air and preserves the sauce.

But undoubtedly the best material for this masking is a savoury butter of some kind, such as *maitre d'hôtel*, Gascony, &c. as it will make a smooth, even surface, if carefully spread with a broad-bladed knife. This can, of course, be further decorated with olives, hard-boiled egg, aspic, or fried bread croûtons, &c., to taste. Tomato or other aspic may also be used for this purpose, or mayonnaise aspic, if carefully coated with a layer of aspic or savoury jelly at the last. Or, if liked, a nice white *chaufroix* sauce made with fish stock, &c., may be recommended, as it enhances the flavour and appearance at the same time, without entailing a great amount of trouble.

Cold fried fish, again, is particularly good if attention be given to the frying, and cold *darnes de saumon à la Juive*, or a good *Sole Colbert* will be appreciated by most people, though for some reason neither is often seen, and the respect for cold fried fish appears to be felt almost entirely in Jewish households in this country.

Fish pies of various kinds may also be commended as *pièces de résistance*, as palatable as they are uncommon. They are made in precisely the same way as meat pies, a farce of inferior fish being used to line and fill the crannies of the pie-dish, in which are imbedded the fillets of more delicate fish, and such addenda as oysters, prawns, lobster, or crab meat, hard-boiled egg, &c., with all appropriate seasoning; whilst such a dish as the salmon pie given in the next chapter is a welcome addition to the sideboard or buffet at any

time. Moreover, these pies possess the further advantage of being excellent when made of either fresh or cold cooked fish.

Lastly, there are *galantines* and *collared fish*. Between these two dishes there is very little to choose, though perhaps the difference may be that in a galantine the fish or meat is used as a foundation, and is more or less overlaid with other substances, whereas in the collared specimen, the fish is only spread with necessary seasoning, the flavour of the foundation being kept simple and distinct. Examples of both processes will be given later on.

CHAPTER I.

LARGE FISH, WHOLE RECIPES.

Fish, Fried, à la Fumée.—Few things are better than slices cut from a large fish prepared thus, and this method has the further merit of being applicable to almost every kind of fish, with the exception, I believe, of halibut, salmon, &c. are particularly suitable for this treatment. After seasonally cutting the fish across in slices from three-quarters to nearly as thick, and lay these for ten minutes in a salted and slightly acidulated water then fry each side carefully and separately in a deep bath, dredging each lightly when fry with fine dry sifted flour, and brushing them over evenly with beaten egg Set a pan on the fire with some good oil (only the very best should be used for this purpose, as inferior oil is distinctly and unpleasantly reminiscent of the "odorous savours sweet" invariably collected with the dried fish shop of fifth-rate streets), and as soon as this is really hot and has ceased to hiss, lay in the slices two or three at a time (at the utmost), according to size, and fry them a nice golden brown on each side (this takes from fifteen to twenty minutes for each); then drain them well on kitchen paper, and wipe till perfectly cold, when they may be

or with any garnish, such as seasoned watercress, lettuce, caviar, &c., to taste. Another Jewish way of cooking fish, salmon especially, is this : Fry a sliced onion in a little oil till nicely browned, then drain it, and lay it in a pan with a nice cut of salmon, fully $1\frac{1}{2}$ inches thick, one or two parsley roots, pepper, salt, and a little finely-minced green ginger (failing this, use freshly-ground ginger, but this is not as fragrant as the green kind), with sufficient cold water to cover the fish ; bring this all to the boil, and then only let it simmer till the fish is cooked. Meanwhile, prepare some *forcemeat* balls thus : Remove the skin and bones from a nicely-boiled plaice, and flake the fish finely, mixing it with pepper, salt, minced parsley, a table-spoonful of fine breadcrumbs, and sufficient egg to bind it all ; roll this all into little balls and put these into the pan with the fish when the latter is about half cooked. When the fish is quite ready lift it out, pour off about one-third of the liquid in the pan (according to the amount of sauce you wish for), and pour to what is left in the pan the juice of four lemons beaten up with the yolks of four eggs, tossing it gently together till the sauce thickens nicely (but without actually boiling, which would curdle it), then pour it over the fish and the little balls, and leave till quite cold. It is well to remember that cold, plainly-boiled salmon, turbot, or indeed many other fish, such as cod, haddock, halibut, &c. (to say nothing of fried smelts, broiled trout, &c.), is excellent if plainly dished with a garnish of green parsley, tarragon, or fennel, and some rich well-made sauce, sent up separately in a sauce-boat. Cold tomato, curry, *rémoulade*, Chauron, &c., all answer for this, as does also *cold Dutch sauce*, a somewhat different preparation from the hot one of the

same name. For this prepare half a pint of more or less rich custard in the usual way with egg yolks and milk, seasoning it with salt and coralline pepper (and, if liked, a drop or two of essence of anchovy), and leave this till cold. Meantime boil together sharply a short half pint of either best white vinegar, light French white wine, or half of each, a teaspoonful of minced shallot, two or three peppercorns, a pinch of salt, and a bay-leaf till reduced to less than half, when you strain it and leave till cold. This mixture is then whisked in very gradually into the cold custard, till it is all light and frothy, when it is served with the cold fish. A couple of tablespoonfuls of richly-coloured tomato purée added to this makes a pleasant and unusual change. Of course these sauces require caution, for though palatable, they are all usually very rich, and it must be borne in mind that a good deal of the dyspeptic trouble generally associated with salmon, lobster, &c., arises far more from the rich addenda sent to table with them than from the fish.

Another way, very popular with some people, of serving plainly boiled cold fish is "soused." For this take a good cut of salmon, a whole trout, or a mackerel, as you please, and lay it in a fairly deep dish; put into a small pan half a pint of good vinegar, a couple of cloves, a small shallot, a little fish stock, and some freshly-ground pepper; let this just boil up well, then strain it over the fish, and leave till cold. A prettier form of this dish is to substitute a strong fish aspic for the fish stock, or add to the latter from $\frac{1}{4}$ oz. to $\frac{1}{2}$ oz. of best leaf gelatine; let this all boil together well till blended, lay the fish in a deep dish that will hold it nicely, and strain this liquid on to it, being careful to have enough to cover the fish entirely, and leave

till set, when it is turned out and served garnished with seasoned watercress, parsley, tarragon, &c., as you please. [This] is [a very favourite dish abroad, where [it is known as *truite, mulet, maquereau*, &c., à la gelée. The fish] should be [put in neatly, about an inch of the jelly being put in first; from this, when set, a $\frac{1}{2}$ inch groove is cut, to receive the back of the fish, which is lightly held in position with a skewer or something of the kind, whilst filling up the basin or mould with the rest of the aspic. When possible it is well to stand the dish or mould on ice, to cause the jelly to set more quickly. The jelly] must, of course, be on the point of setting, and only just liquid enough to pour.

The ordinary way of *pickling* fish used in this country is the following: As soon as the fish comes from the table trim it and remove the bones, covering it up carefully to exclude the air. Now boil together equal parts of good vinegar and water (or preferably the liquid in which the fish was originally cooked), with a teaspoonful of salt, $\frac{1}{2}$ oz. whole allspice, and a couple of bay leaves, for ten minutes; then let it stand till cold, when you pour it over the fish to be pickled, and leave it till next day. The quantity of liquid depends on the amount of fish; the above is for the remains of a good cut of salmon or halibut. Almost any fish may be treated thus, though it is not so delicate as the methods previously given.

Boiled fish en chausse. (To stand upright).—Cleanse and trim the fish, season it lightly inside, then lay in a nice carrot, scraped and thinly coated with a very little butter. This should have one side pared to make it stand even. Fasten up the fish, and place it on the strainer, tying it to this to keep it straight,

and propping it with a few soup vegetables (omitting the carrot), and a bunch of herbs, with seasoning to taste. Pour in sufficient acidulated water, court-bouillon, or fish stock as you choose, to just cover it nicely, let it reboil, then draw it to the side of the stove, and only let it simmer till the fish is cooked. It will take about ten minutes to the pound. When cooked lift the fish out, and let it stand till perfectly cold before attempting to lift it from the strainer. It may now be served as it is, if the skin is not damaged, a garnish of any nice cold sauce to taste, mayonnaise, cold morneseline, tomato cream, or any other sauce suitable to the kind of fish, with seasoned salad, chopped aspic, &c., neatly arranged round it. If the skin has been broken, or the fish itself is a trifle overcooked and so damaged, remove the skin very tenderly, and spread the surface with any thick stiffened sauce appropriate, making it smooth with a hot, broad-bladed or palette knife. This surface may then be decorated with fillets of anchovy, shapes of hard-boiled egg-white or the sieved yolk, sliced cucumber, lines and dots of any fancy butter applied with a bag and pipe, &c., as you please, according to the time and skill available. Any fish, such as bass, brill, dorey, haddock, halibut, mackerel, mullet, salmon, &c., may be treated thus. It is wonderful what pleasant variety may be obtained by applying the method most cooks consider solely intended for the very highest class of fish, to the commoner kinds.

Fish, Stuffed.—Flat fish, such as chicken turbot, brill, large plaice, &c., are very good if the flesh is lifted off the bone on both sides, keeping each side whole, then lay the under fillet on a well buttered baking tin, spread it with a layer of any nice fish farce or stuffing, according to the fish, cover this with the other half of the fish,

so that it looks like a whole fish, sprinkle it with lemon juice, brush it over with beaten egg, strew it with seasoned breadcrumbs and minced parsley (as for hot fish *au gratin*), cover with a buttered paper, and bake. Serve when perfectly cold, either plain or with any form of mayonnaise or rémoulade you fancy.

Fish Galantine.—Beard twelve good sauce oysters, saving the liquor; simmer the beards of the oysters in about a gill of water till all their flavour is extracted, then strain this into a stewpan with the oyster liquor; stir into it as many freshly-made white breadcrumbs as it will take up, and stir it over the fire till it forms a smooth paste; then turn it out and leave till cool. Meanwhile pound well the flesh of a medium-sized fresh haddock or a couple of whittings, and when smooth work it into the panade, with 2oz. of butter, seasoning it with salt and white pepper, and a dash of lemon, and binding it with two whole eggs, sieving it when well amalgamated. Now split a large haddock, or any good fish of the kind, remove the bone without breaking the skin, and cover it with a layer of the farce, and on this lay the oysters, some small anchovy fillets, some minced olives or capers, &c. (in short, any nice addenda that may be at hand), and some sliced hard-boiled egg; spread another layer of the forcemeat over this, draw the fish together neatly into shape, fastening it by sewing, or by the method given in Chapter I. of "Hot Fish." Scald a napkin in boiling water, rinse and wring it out of cold water, spread it with butter, lay the galantine in this, tying it up securely, and place it in a pan large enough to hold it without crushing; lay in with it a good bouquet, an onion stuck with one or two cloves, a blade of mace, six or eight peppercorns, and just enough fish stock to cover it all *nicely*. Bring this all to the boil on the stove, then cook

it very slowly in the oven for two hours. Let it stand till, nearly cold, in its liquor (i.e. lift the fish carefully into a deep earthenware dish, pour the liquor all round and leave it till cold. Nothing should ever be allowed to stand till cold in the metal pan it was cooked in, it does not necessarily poison the food thus left, though even that is possible, but it certainly ruins the delicacy of the flavour); then remove the cod, dry it carefully with a clean napkin, and wrap perfectly cold meat in with aspic, and, if you like, wrap this in firm puff the fish with green or lobster butter. Personally, this puffing seems to me a mistake, and I would always far rather have a fish *galantine* served in jelly with some chopped aspic and seasoned watercress round it, than these troublesome and labour'd decorations, which soon get out of place in a private house. N.B.—A most excellent *fish jelly* for garnishing may be made with the liquor in which this *galantine* was cooked, or mixed with either court-bouillon or ordinary fish stock, by treating it exactly like meat stock, and clarifying it with raw fish, &c., instead of raw meat; or dissolve an ounce of best leaf gelatine to a pint of court-bouillon, clarify it with the white and shell of an egg, &c., add a little white French or Rhine wine, and use. This jelly, while possessing a distinct flavour of its own, avoids the acidity which is so disagreeable to many people in aspic.

Cod Steaks in Aspic (Darnes de cabillaud en aspic).—

The cod steaks used for this may be either cooked on purpose (in the oven, on a buttered baking-dish with a seasoning of white pepper, salt, lemon juice, &c., under a buttered paper), or may be cut in neat, even cutlets from a cold boiled fish, as you please. Pour a little good fish aspic, just on the point of setting, into a deep and

delicately clean baking-dish, then lay in the steaks, which should be perfectly cold, leaving a good space between each piece; lay a round of hard-boiled egg, or a star made with diamonds of egg white, and a round of pickled walnut on each, then pour in gently sufficient aspic to cover the steaks nicely, and leave it till set and quite firm, when each steak should be cut out with a sharp knife or a cutlet cutter, leaving a margin of jelly all round, and serve with either horseradish cream, or tomato mayonnaise.

——— *Pie.*—Lay a nice piece of fresh cod in salt for three or four hours, then wash it and season it with freshly-ground black pepper, salt, minced parsley, a dust of nutmeg, and a very little mace; lay it in a buttered pie-dish with some morsels of butter, and a little fish stock, or equal parts of fish stock and light French wine, with a few drops of essence of anchovy. Cover with good rough puff paste, and bake it. When cooked lift the crust, and pour in the following sauce: Melt together 1oz. of butter and a tablespoonful of flour, dilute it with three or four tablespoonfuls of good fish stock and a gill of cream, season with a grate of nutmeg, and lemon-peel, a dust of mace, and a drop or two of lemon-juice and essence of anchovy; let it just boil up, then add some bearded oysters (their liquor should have been added to the fish stock and cream), and use. Very good hot, but still better cold. A very nice pie can also be made from salt cod, if the latter is well soaked, first in running water and then in milk and water for twelve to twenty-four hours, according to the saltiness of the fish. Pack a pie-dish with flaked, cold salt cod, adding little pats of anchovy or maître d'hôtel butter, salt (if needed), freshly-ground black pepper, minced parsley, chives, &c., and a small bunch of herbs; cover with a good

rough puff paste and bake. When cooked remove the bouquet, and pour in a little creamy béchamel maigre.

——— *Slices, Jellied (Darnes de Cabillaud en gelée).*
—Cut some cold boiled cod into flat, neat slices; pour some savoury aspic or fish jelly into a pan or tin to about $\frac{1}{2}$ in. in depth, then lay on this, as it sets, the sliced fish, garnishing each slice with a thin slice of hard-boiled egg, or any device cut to taste from hard-boiled egg white, pickled walnut, truffle, &c. Set this with a few drops of jelly, and, when it is firm, pour in sufficient jelly to cover the fish, and leave it till quite hard, when you cut out each slice, leaving a margin of jelly round each. Dish these, one overlapping the other, down the centre of a dish, and serve garnished with seasoned watercress, and with horseradish cream in a boat. Slices from any large fish may be served thus, varying the garnish to suit the fish and individual taste. Any chaudfroid sauce may be used, or mayonnaise aspic—green, red, white or yellow—to taste. It may be observed that little fillets treated in this manner make an excellent garnish for any salad, and may be recommended for Sunday supper, as the fish may be jellied beforehand, the sauce also prepared at the same time, and the salading left ready washed, so that the maid doing the cook's work will only have to toss the salad in the mixture (which should have been tightly corked down in a wide-mouthed bottle), pile it on the dish, and arrange the fish round it, garnishing this, if liked, with pickled shrimps, quartered hard-boiled eggs, chopped jelly, &c., as you choose.

——— *à la Suédoise.*—Flake finely some cold cooked cod, freeing it from all bones and skin, and mix it lightly with a little Suédoise sauce; now place it in the centre of a ring of cold mashed or snow potatoes,

pour the rest of the Suédoise sauce over it all, strew it with capers, shreds of chilli skins, &c., and serve. This dish may be varied almost indefinitely. For instance, the fish (which for this should be white) may be tossed in mayonnaise, dished in a ring of cold boiled rice, and a good, rich, cold curry sauce poured over all, and served as *poisson à l'indienne*. Or, if salmon be chosen, toss it in rich tomato mayonnaise, and dish it in a ring of *iced potato*, garnished with shelled shrimps or prawns. For the potato, rub three or four plainly boiled, medium-sized potatoes through a fine wire sieve, stirring into this purée a gill of rich béchamel sauce, in which you have previously dissolved $\frac{3}{4}$ oz. of best leaf gelatine, season to taste with salt, coralline pepper and a teaspoonful of finely minced parsley, adding at the last about half a pint of stiffly whipped cream; fill a border mould with this mixture, and set it on ice till quite firm, when it is turned out, and the centre filled with the flaked salmon and tomato mayonnaise piled up pretty high.

Dory in cream chaudfroix (*Dorade* or *St. Pierre à la crémière*).—Cook the fish in a milk and water court-bouillon, and leave it till cold; then pour over it a very creamy white chaudfroix sauce, seasoned with white pepper and lemon-juice, and serve, when this is set, with a garnish of picked shrimps tossed in a vinaigrette, or tomato sauce.

Eel, Collared.—Kill an eel, remove the head, tail, and bones, and lay the eel, skin side down, on the table; pound some sage as finely as possible, mix it with freshly-grated black pepper, a grate of nutmeg, some salt, and, if liked, a little parsley and allspice; lay this mixture smoothly over the eel, and roll it up tightly, tying it into shape with broad tape or a clean cloth. Put into a pan sufficient salted water to cover the fish generously,

add five or six cloves, the same of peppercorns, two or three blades of mace, and a good bouquet (parsley, thyme, bayleaf, and lemon peel), with the head, tail, and bones of the eel, and boil till it is nicely flavoured ; then lay in the eel, again let the liquor boil up, draw it to the side, and allow it to simmer gently till the fish is tender. Now take it out, boil up the liquor, strain it, remove the fat, and pour it over the eel, and let it all stand till cold, but do not take off the cloth till you want to use it. When you take it out of its cloth, wipe it well, and serve it whole or cut in slices, as you please. The liquor in which it was cooked, if clarified like any other stock and slightly acidulated with either lemon-juice or vinegar, will make an excellent garnishing jelly. This liquor will also serve as a pickle to keep it, if not wanted for immediate use. It may be as well to observe here, that to *kill the eel* at once, you should pierce the spinal marrow close to the base of the skull with a sharp pointed skewer ; if done in the right place all motion ceases at once.

———— *Galantine*.—After killing it, skin a large eel very carefully, bone it, and lay it open flat, spread over it, with a knife, a nice fish farce (for this some people use pike meat), and cover this with truffles, cooked tongue, and gherkin, sliced small but not too thinly, lay a little more farce over this, then roll the eel up neatly, and sew it into shape ; wrap some slices of bacon round it, lay it in a cloth, fastening the ends, and sewing up the napkin that the fish may keep its right shape ; now put it into a fish kettle, with a cooked marinade, bring this well to the boil, and when it has simmered for thirty to forty minutes (*i.e.*, till the eel is cooked) lift the *galantine* into an earthenware basin, pour the strained marinade over it, and allow it to

cool in its liquor. When cold remove the cloth carefully, wipe, and trim the eel, and brush it over with savoury jelly. When this is quite set, garnish with parsley, chopped jelly, and little balls of Montpelier, or green butter, as you please. For the *cooked marinade*, slice three carrots and four onions, with two bayleaves, a spray of thyme, and two cloves, and toss these over the fire in a little butter; when the carrots and onions are cooked, but not coloured, add some parsley, a chopped shallot or two, a dessertspoonful of flour, half a gill of good vinegar, or lemon juice, a gill of strong fish stock, salt and pepper to taste; simmer this all for three-quarters of an hour, then strain it through a horse-hair sieve and use.

———— *Potted*.—Skin the eels, remove their back bones, and cut them in lengths to fit your pot; lay them in this, seasoning them with salt, black pepper, cayenne, and a little powdered mace; add a few pieces of butter, or well clarified dripping, and tie down the dish with doubled brown paper; bake in a slow oven till thoroughly cooked, and when done pour off the gravy, pressing them well that none may remain, and when cold cover with clarified butter, about $\frac{1}{2}$ inch thick.

Haddock en Aspic.—Choose a nice large haddock (almost any fish may be cooked this way), and after cleansing it, insert inside it a carrot lightly brushed over with butter, and trimmed on one side to make it stand flat; place the fish in position in the fish kettle, banking it up with a few soup vegetables, and cook it in a court-bouillon; when done, lift it out, and leave it till perfectly cold before removing it from the strainer. *It should be cooked very slowly, allowing about ten minutes to the pound. When perfectly cold, remove*

the skin, and mask the fish all over with the following : Make a gill of clear, strong, thick fish stock quite hot, and dissolve in it from $\frac{1}{2}$ oz. to $\frac{3}{4}$ oz. of best leaf gelatine : when this is perfectly melted and is cool, stir into it half a gill of best salad oil, a tablespoonful of strained lemon juice (or white tartaric vinegar), and the beaten yolk of an egg. When this is beginning to set, spread it over the fish with a hot, wet palette-knife : if properly made this produces a smooth, glassy, yellow surface. Garnish down the sides of the back diagonally with well-washed and boned anchovy fillets, and chopped olives or capers, and serve with little heaps of chopped jelly round it, alternating these with cold cooked potatoes cut into balls the size of small marbles, tossed in a vinaigrette sauce. A slice of halibut is not at all bad done this way, whilst trout of any kind answers admirably for it.

Halibut Steak (Jarne de Flétan).—Choose a nice, thick cut of cold boiled halibut, mask it with aspic-stiffened tomato mayonnaise, glaze it with savoury jelly, strew it with minced capers, and serve garnished with seasoned watercress, and a potato and tomato mayonnaise.

———— *Stewed, à la Juive.*—Fry two medium-sized onions minced in about a tablespoonful of oil (a little of this minced onion should be kept for the forcemeat) : when the onions are tender lay in about 3lb. of halibut (cod, or indeed any white fish will do for this) and a pint of water, bring it to the boil, then let it simmer steadily till the fish is cooked, when you keep the fish hot by the side of the fire whilst you make the sauce ; mix an ounce of flour to a smooth paste with a very little cold water, add the yolks of four eggs and the juice of three lemons, with a tiny pinch of

saffron, mixing this all well together, then adding enough of the fish liquor to produce the amount of sauce required ; thicken this well over the fire, pour it on to the fish, add the little liver balls, and cook these for a few minutes in the sauce, then set it all aside till cold. For the *balls*, cook the liver of a cod, then mince it very finely, add a few breadcrumbs, the whites of two eggs, the finely-chopped onion kept back for the purpose, a little minced parsley, freshly-grated black pepper, salt, and a tiny pinch of mixed spice. Roll this into little balls, adding sufficient breadcrumbs to produce the right consistency, and cook them for a few minutes in the sauce. This dish is, by-the-way, quite as good hot as it is cold.

Lobster, Moulded.—Choose a lobster mould for this dish, oil the inside lightly, and place it on ice, line it smoothly with tomato mayonnaise stiffened with aspic jelly, being careful to have it of a very good colour, and to pack the mould so evenly as to insure the shape being neat when turned out ; meanwhile, trim the flesh of two lobsters (large crawfish may be used, or even good tinned lobster for this dish) into large scallops ; mince the trimmings and the flesh from the claws into little dice, which you mix with some cut up cooked vegetables, varying these as much as possible, and seasoning them with pepper, salt, oil, and vinegar ; pack this in alternate layers all into the mould, and cover it with a $\frac{1}{4}$ inch layer of the tomato aspic ; leave the mould on crushed ice till thoroughly firm. Meanwhile, fill a square or oval baking tin with aspic or savoury jelly, and leave this till perfectly set and hard, when you turn it out on to the dish it is to be served in, and turn the lobster mould out on to it, *garnishing this* with little balls of Montpelier, or green

butter, and chopped aspic and seasoned watercress. This is a great supper or buffet dish abroad, but is quite as good if the whole is packed neatly into a plain round Charlotte mould, and stood on a slice of bread cut a size or two larger than the mould, fried a delicate golden brown and biscuit crisp, then spread when cold with a thick, even coating of *maitre d'hôtel* butter. This may also be made with fillets of any cold fish, only mixing a little lobster, minced shrimps or prawns, &c., with the *macédoine*. Lobster is so seldom served cold save *en mayonnaise* that any detailed description of its treatment must be given amongst the salads.

Mackerel, Rolled.—Remove the heads, and thoroughly cleanse, some soft-roed mackerel, remove the backbones, and halve the fish lengthways; lay a piece of the roe on each half; dust each with pepper, salt, and a very little sifted flour, and roll each half up tightly, tail out; pack these little rolls in a deep baking-dish, pour over them sufficient vinegar (a little diluted with water) to just cover them, season with fresh black pepper and salt, cover the fish with a reversed plate, and bake one and a half hours in a moderate oven. When cooked, lift the fish out on to a clean dish, stir about a dessert-spoonful of essence of anchovy (according to the size of the dish) into the fish liquor, and strain this on to the fish. This dish, by the way, is as nice hot as cold.

———— *Coloured.*—Clean and split some nice large mackerel, removing the heads and backbones (these may be broiled and make an excellent savoury with either cooked soft roes or broiled mushrooms), rub the fish well with a mixture of salt, freshly-ground black pepper, mace, allspice, and cloves, all finely powdered; roll the fish up tightly, tying them into shape with broad tape or strips of calico. Cook them in acidulated and

salted water for twenty minutes or so, till ready, when they are lifted out, placed in a piedish with sufficient of their liquor to cover them, and left till next day. When wanted for use, remove the tapes, return them to the dish with the liquor, to which you add a little more vinegar if necessary, and serve garnished with sprays of fennel.

———— *en Mayonnaise, or à la Vert-pré.*—Lift the fillets off as neatly and whole as possible from the requisite number of cold boiled mackerel, and arrange these fillets evenly in fours, piling them as timber is piled; have ready a nice green mayonnaise flavoured with minced tarragon and fennel, and pour this over the piled-up fish, serving it garnished with sprays of fennel and shelled prawns or shrimps, as preferred. Another version of this is masked with tomato mayonnaise, and decorated with seasoned watercress.

———— *Salted.*—Cleanse some very fresh mackerel very carefully, and wipe them well inside and out with a clean cloth; meanwhile mix together in a crock half a gallon of cold water, 1lb. of salt, $\frac{1}{2}$ oz. saltpetre, and $\frac{1}{2}$ lb. of coarse brown sugar; lay the fish into this, and leave them to steep for six hours or so, according to size; then lift them out, straighten and stretch them well between two laths, rinse them well with the pickle, and hang them up by the head to dry. (For this the Scotch fisherwives use triangles of three laths nailed together—with nails run through them so that each fish hangs clear and separate—and usually dry them in the open.) They should dry for an hour or so, then be put in the smoke in a hot corner for an hour, being shifted to a cooler place and left in the smoke till they are of a rich dark brown (this takes from eighteen to twenty-four hours). *When nicely coloured* let them get quite cold, then pack

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them away in a dry place till wanted. The success of this recipe depends almost entirely on the freshness of the mackerel. Mackerel treated thus are excellent toasted, or flaked and served with *Hermes* or *House* salad, and make delicious savornies.

———— *Soused.*—These are some precisely as *saumon* &c., is soured.

All these fish are *superb* excellent if plainly boiled and served with *white* *garlic* with fennel or watercress; *garlic* *condiments* with *Flour* *aise*, or tomato sauce being sent to table with them in a boat. Abroad these cold fish are often broiled iron skin and bone, and flaked nearly as two silver fishes (or this), piling the flakes high on the fish pour over this a rich mayonnaise sauce well mixed with minced *parsley* or tarragon, and serve garnished with green *herbage* or fennel, and crayfish or *gravid*.

Mullet in Jelly.—Put a nice large grey mullet weighing from 4½ lb. to 5 lb. into a kettle with water enough to cover it, with two onions, each sliced with three or four cloves, a little *alapice*, the juice of six sweet and three *Seville* oranges, and of nine or ten good lemons, with a full wineglassful of sherry; bring this all to the boil, then simmer gently till the fish is cooked, when you lift it out with a strainer. Dissolve 1oz. of best leaf gelatine in the liquor the mullet was cooked in, simmering it gently till all is blended, then strain through a fine strainer on to the fish, which should have been placed in position, back down, in a deep dish, and held so by means of a fine skewer. As soon as the fish is firmly fixed in the jelly, draw out the skewer, pour on the fish the rest of the jelly, and leave it for forty-eight hours till perfectly set, when it is turned out, and served garnished with nice sprays of parsley.

— *Red, en Mayonnaise*.—Broil the fish, fillet and bone them when cold, and serve covered with mayonnaise flavoured with green tarragon and tarragon vinegar, in the same way as is recommended for *Mackerel à la Vert-pré*.

Pike in Jelly (Brochet en aspic).—Thoroughly cleanse a pike, and either stuff it with a rich forcemeat, or put inside a large carrot trimmed flat on one side and well-coated with butter; fasten up the fish, roll it in thinly-sliced fat bacon, or a heavily-buttered paper, tie it up in a clean cloth, and cook it till done in a court-bouillon, with either Sauterne, or such like, or sherry, to which you have added half its bulk of water and a good flavouring of lemon-juice. When ready, lift it out and fix it firmly in a pan, back up, as if swimming, pour its liquor over it, and leave till perfectly cold. Now drain it thoroughly, wipe it with a clean cloth, and with a sharp knife make a deep cut each side the backbone, and carefully remove the fillets on each side as whole and cleanly as you can. Trim off the skin, and slice the fillets neatly (a process the consistency of this fish renders easy), and then replace them in position. Brush the fish over thoroughly with some pretty stiff aspic jelly, and when this is set, lift it on to its dish. A drainer, or a sheet of wood, neatly covered with a napkin, should be set under the fish to raise it a little, but it must not project as far as the garnish. For the latter various things are adopted. Chefs use silver skewers, using three or five according to the size of the fish, garnishing them in pairs or in sizes, as they fancy, with crayfish or prawns, hard-boiled egg yolks, truffles, gherkins, &c.; but a very satisfactory, if simpler decoration, may be produced with halved hard-boiled eggs, the whites being filled up with shrimp, lobster, or anchovy butter,

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arranged round the fish alternately with artichoke bottoms seasoned with pepper, salt, oil and vinegar and piled up with a mound of hot cooked vegetables mixed with mayonnaise & half egg yolk being placed on the top of each. Seasoned watercress may also be used, or any salad dressing according to taste and temperate aspic. In the country this is not at all a difficult dish to prepare, and makes an excellent and nutritious supper dish. Young pike may be served whole like salmon, *à la Montpélér*, or *Normande* as you prefer.

— with *Rémoulade Sauce* (*Brochet à la Rémoulade*).—The pike is prepared precisely as above, but need not have the fillets sliced and is plainly garnished with seasoned watercress and tomatoes if handy: a *rémoulade* sauce strongly flavoured with mustard, both French and English being sent to table with it.

A *variante* of this known as *Brochet à la Russe* is made by preparing the fish as before, and serving it with either horseradish cream or *Sénénoise* sauce. Needless to say, a large cut from the middle of the fish may be treated in the same way, and is also excellent soured. Sturgeon, it may be noted, is good if prepared by any of the preceding recipes, though usually a piece of the fish is utilised.

Salmon à la Montpélér.—Cook the whole fish in a good court-bouillon strongly flavoured with white French wine, being careful after the first boil-up only to let it simmer, and to lift it off the fire the moment it is ready, or it may break or tear, which would spoil the look of the dish. Put it in a deep dish, and allow it to become perfectly cold in its liquor, then skin it carefully and spread it thickly and evenly with Montpélér butter, smoothing the surface with a hot, wet knife. Leave

this on ice till firmly set, then garnish by means of a bag and pipe with butter beaten to a cream, and coloured a very pale green with parsley greening, anchovy or lobster butter of a rich red tint, and plain cream butter left its natural tint. Dish neatly and serve garnished with little darioles or croûtons of aspic, crayfish, truffles, &c., together with *hâtelets* or skewers to taste. This, however, is a dish only fit for public banquets, &c., and cannot fairly be expected from the ordinary plain cook. A version she might, however, perfectly produce is the simpler one loved by and known to the French *ménagère* as *S. à la Norvégienne*. For this cook the fish, as before, in a court-bouillon, and, when perfectly cold, drain, wipe, and dish it, back up, fixing it into position with croûtons of fried bread spread with green or anchovy butter, brush it over evenly with aspic jelly, and, as this is setting, garnish it down both sides with washed and boned fillets of anchovy, applied diagonally all the length of the fish, setting these with a little more aspic. Serve with seasoned watercress and chopped aspic jelly, green or tomato mayonnaise being handed in a boat. If a little extra garnish is desired add a few hardboiled and quartered eggs with the watercress. Plover's eggs, when obtainable, make this into a most *recherché* dish. The name is derived from the smoked Norwegian anchovies used in the garnishing. A good cut from a large fish, or whole trout, grilse, shad, bass, or even large mackerel, can with advantage be treated thus. It should be added that French cooks treat salmon in this way constantly, varying the covering sauce to taste, and the name also, accordingly, but it may be forgiven an English cook for observing that for these *recondite* dishes, with their strong additional flavours, *it is better* to use the foreign and less self-flavoured

fish, which does not suffer from the extraneous condiments, as does our native fish, which is always best served as plainly as possible.

——— *à la Chèvreuse*.—For this a good cut from the middle of the fish is usually taken, though of course, if desired, the whole fish could be thus treated. Scale and well wash a good cut, say 5lb. or 6lb. at least, wrap it in thin slices of larding or fat bacon, tying these on with broad tape, and place the fish in a convenient-sized fish kettle, moistening it to half its depth with rich fish stock, strongly flavoured with Chablis or Sauterne; bring this to the boil, and let it simmer very gently till done, then lift it into a pan and let it cool in its own liquor. When nearly cold remove the bacon and the skin, and trim it neatly. Lay the fish flat on a reversed dish, and brush it all over with rather stiff aspic. Divide the length mentally into five portions, reserving three for the centre. Cover the two outside parts with a smooth coating of yellow mayonnaise aspic, and leave this till nearly set. For the centre have thinly sliced cucumber, and arrange these slices in a row from the outside band of mayonnaise, placing another row over these to imitate the fish scales, graduating the slices to the size of the fish, till all the parts left are evenly covered with these pale green scales. For this purpose, before slicing the cucumber, instead of peeling it entirely, just cut off the ridges so as to leave bits of the skin, and thus give it a frilly sort of look. When this is finished, fix it all with a little just liquid aspic to keep it steady, and glaze it. Finish it by forcing out lines of truffle butter at the edges, and just half an inch or so inside the bands of mayonnaise at the ends, and little stars of Montpélier butter down the centre of each yellow band. Press out a thick rope of chopped aspic

all round the fish, and garnish beyond this with triangular blocks of aspic. Send a *sauce ravigotte* to table with this dish. Trout, &c., can also be done thus, it being more troublesome than difficult to produce.

Salmon may, of course, be soured or pickled like any other fish. Another fact that few housewives appear to recognise is that salmon head and shoulder, or the tail end piece, may be utilised for any decorative dish quite as well as the more costly middle cut ; the tail end especially is excellent for practice, for no one cares to set before their friends either their own or their cook's trial trips ! Always have a new dish, however easy the directions may sound, carefully tested, before the results are made public. In France, where these parts of the fish are not as despised as they are with us, a *hure de saumon*, or a *queue*, is constantly served *à la* anything you please.

————— *Pie*.—Skin and bone 2lb. or 3lb. of salmon and trim it into neat slices, sprinkling these with white pepper, salt, and a little minced spice. Have ready a rich forcemeat of white fish (haddock, whiting, &c., as previously described), made with $\frac{1}{2}$ lb. of fish ; line a raised pie mould with a nice raised crust, and line this an inch thick with forcemeat, placing on this some of the salmon, and repeating these two layers till the dish is full, the filling being raised in a dome shape and well packed in. Cover with puff paste and bake very slowly. When cooked, let it rest for half an hour, then add the following gravy and serve when perfectly cold. For the gravy boil together 4oz. of lean ham cut into dice, one shallot, 2oz. of sliced carrot, a nice bouquet, and a claretglassful of Chablis, and let it boil till the wine is reduced one-fourth part ; then add a gill of strong white stock (*chicken or veal*), simmer it together for half an hour,

strain, and add it to half a pint of rich, and very strong, fish stock, and pour this all into the pie when cold. If the fish stock is not strong enough to jelly of itself, dissolve in it $\frac{1}{2}$ oz. or so of best leaf gelatine, and use. For maigre purposes use smoked salmon, and strong fish stock, for the ham, and chicken stock.

Salmon and Lobster Pie.—Well wipe from 1lb. to 2lb. of salmon and cut it into three or four slices; chop up a tin of lobster, or a small lobster, and stir it into half a pint of rich béchamel sauce (we always use three-quarters of a pint of good, well-made lobster sauce instead of this). Butter a medium-sized piedish, and put into it a layer of the sauce, then a slice of salmon, repeating these layers till fish and sauce are alike used up, seasoning each layer as you add it with white and coralline pepper, salt, and a very little mace and nutmeg; sliced truffle or hardboiled egg may also be introduced between the layers; now pour in sufficient rich fish stock to moisten it, lay six or seven little fish quenelles on the top of all, dotting $\frac{1}{2}$ oz. to $\frac{3}{4}$ oz. of butter, cut up small, over the surface, and cover with a good puff paste cover decorated with pastry leaves, &c., and brush it over with beaten egg yolk. Bake in a fairly hot oven for an hour. This is as good hot as cold.

Sole à la Colbert.—Make an incision down the side of the backbone on the dark side of the fish, and break the backbone thus uncovered in two or three places with the handle of a cook's knife, being careful not to spoil the look of the fish. Now egg and breadcrumb it in the usual way, and fry a golden brown in plenty of hot fat. The flesh will shrink from the bone in the cooking. When ready to lift it out, drain well, then remove the broken backbone entirely, and fill up the cavity thus left with either a d'uxelles mixture, or green, or maître

d'hôtel butter as you please. Serve the fish when perfectly cold either plain, or with any cold sauce, such as mayonnaise, tartare, or mousseline glacée, to taste. Plainly boiled sole, or sole stewed in milk, is very nice cold if the bone is treated in this way and the hollow filled up with Gascony butter, anchovy cream or lobster sauce being served in a boat with it.

Soles pickled, Cape fashion.—Slice and fry four large onions in hot oil till browned, then add 1oz. of curry powder, two finely-minced chillies, a dessertspoonful of salt, and 1oz. mango relish or chutney; stir this all to a paste, moistening it with a little vinegar. Now lay two large, fresh, filleted soles in a jar, packing these with alternate layers of the previous paste; cut two more onions into rings, and boil these with a little salt and another ounce of curry powder in a quart of good vinegar (less that used in moistening the curry and chutney paste) very gently and slowly till tender. Now pour all this over the soles and do not cover or cork down the jar till perfectly cold. This is fit for use in a few days, though it will keep for months. Specially nice for lunch.

Sturgeon is very good if prepared either by the recipes given for pike or for salmon. Only remember it is a very firm, not to say tough, fish, so prolonged and gentle simmering is needed to cook it properly. Its flesh is so like veal that it may be served in many ways recommended for the latter, and is particularly good *en galantine*.

Trout, salmon or otherwise, is good cooked, if large, by any recipes suggested for salmon. If small, the trout should be boiled or broiled, left till cold, and served plain with a garnish of seasoned watercress and any cold sauce to taste in a boat. It may also be soured or pickled.

Turbot en aspic.—Skin and fillet a turbot, keeping the four fillets as whole and neat as possible, place them in a well-buttered baking tin, sprinkling them with a little Chablis or Sauterne, lemon juice, coralline pepper and salt. Cover with a buttered paper, and bake in the oven according to size and thickness. When cooked lift them out carefully and set them on a dish, reversing another over them and lightly weighting this to keep the fillets flat and even. Prepare a nice d'uxelles, or a mince of shrimps, or lobster mixed with tomato aspic, and when the fish is perfectly cold dish the under fillets side by side in position, and spread them thickly with the farce described; now cover with the other two fillets, keeping the shape of the fish as much as possible, pour over it sufficient jelly to cover it neatly, and leave this till set. Now trim off the superfluous aspic, and force out a thick rope of chopped aspic round the fish, garnishing it with seasoned watercress, and the little moulds of stuffed olives given in the first chapter. Of course this garnish may be as varied as you please; prawns, olives preserved in oil, plovers' eggs, hard boiled stuffed eggs, &c., being used according to taste and convenience.

——— *Pie.*—Three parts cook a small turbot in a nice court-bouillon, then lift it out, removing the skin and the bones, and cut the fish into neat pieces; arrange a layer of these pieces in a well-buttered piedish, seasoning this well with white pepper, salt, a very little powdered nutmeg, a grate of lemon rind, and some minced parsley and chives (failing these use very finely-minced shallot), cover with a layer of sliced hard boiled egg, and well-washed fillets of anchovy, moistening these with some rich béchamel sauce or thick cream, and continue these layers till the dish is full, raising it well in the centre.

Dot the top over with morsels of butter, cover with a good puff-paste, decorated to taste, and bake for an hour in a moderate oven. This may be eaten hot as well as cold. If preferred, the fish may be cut up whole, the bones and skin being left on. Any white fish may be treated in this way, the addenda being varied to match.

CHAPTER III.

MAYONNAISE, VINAIGRETTES, &c.

THE fashion of serving cold fish appears to be spreading, and most cooks can now send to table cold fish in one or two ways, though it must be confessed that mayonnaise, whether of salmon, lobster, or other fish, is usually the *pièce de résistance* on such occasions. Now a good many people who aver that they cannot touch either of the two first-named fish, denounce the unwholesomeness of fish mayonnaise on account of the richness both of the fish and of the sauce. As regards the fish, this is very probably a mistake, though I admit as much cannot be said for the sauce, especially if the dish has been prepared some time before serving it, the sauce having in consequence deteriorated to a painful extent. Mayonnaise sauce exposed to the air is very apt to become rank and strong, the oil being especially evident, in which condition it is not the most digestible condiment available, and a rich fish, such as salmon for instance, allowed to steep in this compound, naturally does not become more eupeptic. If these objectors would try their fish simply dressed with a cold oil and vinegar (French salad) dressing, I think they would very likely find that even lobster would agree fairly well ; try the following, for instance : Flake the fish up neatly (or if a lobster be used, cut it up

into nice [pieces], and toss the fish lightly in a *vinaigrette sauce* made thus : Mix together a dessertspoonful of French mustard (or use half English, half French), a saltspoonful of salt, and half that quantity of freshly-ground black pepper ; moisten this carefully and gradually with salad oil and vinegar, using a teaspoonful of vinegar to every eight teaspoonfuls of oil ; when this is well blended, stir in a tablespoonful of minced parsley, chives, chervil, tarragon, &c., adding however two parts of parsley to each part of the other herbs. This sauce may be varied by using plain vinegar and omitting the tarragon ; or anchovy vinegar and minced mustard and cress may be used ; this is especially good with any form of shellfish. (Anchovy vinegar may be bought at most good Italian warehouses, or it may be made at home by the recipe given in No. III. of this series on "Pickles and Preserves" ; or lastly, where the clearness of the sauce is not of so much importance, a teaspoonful of Burgess's essence of anchovy may be stirred in a gill of the best malt vinegar.) When the fish has been thoroughly but lightly mixed with this dressing, it should be lifted into the dish it is to be served in, surrounded with quartered lettuces, and dusted with the yolk of a hard-boiled egg crushed through a sieve. This last is of course a matter of taste. For those who like it, a boatful of mayonnaise sauce, may be sent to table with this, though it is not a necessity. Almost any fish may be prepared in this way, and few, save those who have tried it, know how good the most ordinary cold fish can be if treated in this manner. Needless, presumably, to add, this form of fish salad can be elaborated to any extent by the addition of washed, boned, and filleted anchovies, caviar, olives (stoned and farced, or not, as preferred), shrimps, or *prawns*, &c., according to the fish used.

The following recipes will give some idea of the way in which cold fish of all kinds may be served.

Fish Fillets in Mayonnaise.—Take the fillets from any nice cold, cooked fish, trim them neatly, lift each separately on a broad-bladed or palette knife, and with a spoon ladle over each in turn any nice mayonnaise aspic (using three large tablespoonfuls of any good mayonnaise—plain, white, green, red, &c., as you please—to half a pint of just liquid aspic, stirring it well together till it begins to thicken, then use); leave these till set, then brush them over lightly with very clear aspic, just to glaze them; dish, when set, either *en couronne*, filling the centre with any good salad mixed with mayonnaise, or on a border of plain aspic, or on a border lined with aspic; and filled up with any salading, or macédoine of cold cooked vegetables, mixed with either a vinaigrette or a mayonnaise dressing to taste. Needless to say, the fish may be dressed thus after it has appeared hot, or it may be cooked and allowed to cool under a weight, the latter being the preferable method if for a dinner or supper party. The method of serving may be varied indefinitely. For instance, if each fillet is dished in a different coloured aspic, say, tomato, white, and green, it is called *Filets de so-and-so à la Pompadour*; if masked alternately with green and white mayonnaise, with salad in the centre, a garnish of cucumber, and white of hard-boiled eggs, it is known as *Filets de so-and-so à la Duc de Naples*. If masked with a rich creamy white chaufroix, mounted on an aspic border, with a mayonnaise of peas, or asparagus points in the centre, it is called *Filets de so-and-so à la Princesse* (this is a favourite way of serving salmon); or again, if masked with a pale green cucumber sauce stiffened with gelatine, with a salad of cucumbers and

tomatoes in the centre, it is called *Filets aux Concombres*. (This is an especially good way of serving salmon, whether twice cooked or canned.)

———— *Salad*.—Flake the remains of any nice cold white fish, such as turbot, brill, dorey, sole, halibut, &c., removing all skin and bone (cooks can save themselves much trouble, and improve the appearance of their salads, if they will remember to remove the bones and skin from any fish intended for subsequent reappearance as mayonnaise, &c., whilst it is still hot, as the flesh comes away much cleaner and entire than if flaked when absolutely cold); now lay these flakes in a deep dish and pour over them sufficient oil and vinegar, seasoned with salt and pepper, to reach halfway up the fish flakes, and leave it all to marinade in this for a couple of hours, turning it once or twice in the process. When ready drain well, and pile the fish in the centre of a bowl, arranging tiny pats or balls of anchovy butter amongst it; slice two or three cold cooked potatoes, add to them some capers, some sliced or minced gherkins, a slice or two of beetroot minced, and some fillets of anchovy, toss these all in rather thin mayonnaise sauce, and pile the mixture, dome-fashion, over the fish, finally garnishing and surrounding it all with broken-up lettuce, &c., and sliced hard-boiled egg. This is a dish that may, manifestly, be varied to taste.

———— (*Mock Crab à la Wyvern*).—This excellent salad invented by the culinary writer whose name it bears, is said to have the merit of possessing all the flavour of a shellfish salad without its dyspeptic dangers. Anyway, hygienic or not, it is sufficiently good to justify its existence. Shred any white fish as before into small flakes with two forks, lay these shreds in a bowl, seasoning them well with salt and Nepal pepper; for 1½lb. of

the shredded fish mix well together a gill of anchovy vinegar, two tablespoonfuls of made mustard, and a full tablespoonful of salad oil (working this all well together till thoroughly amalgamated), and moisten the fish with it, dusting the mass with four tablespoonfuls of finely-grated Gruyère or Cheddar cheese (do not use Parmesan for this), and toss it all well together with the salad servers; dish this mixture in a dome shape in the salad bowl, and serve garnished with seasoned watercress, sliced tomatoes, lettuce, cucumber, quartered or sliced, hard-boiled eggs, chopped aspic, &c., according to what you have at hand, and set it on ice till wanted. A boat of thin mayonnaise may be sent to table with it. It should be added that this salad is perhaps nicest if made with cod.

———— *In Cases.*—Shred any white fish finely and marinade it as before, then mix it lightly with julienne strips of hard-boiled egg white, anchovy fillets, minced olives, and any finely broken-up salading to taste; now mix this well with a little mayonnaise, and pile it up high in little paper or china cases or shells, then cover it smoothly with mayonnaise, garnishing this with strips of red chilli skin (from the pickle bottle), tiny fillets of anchovy, stoned olives farced with anchovy or lobster butter, &c., to taste. This dish, known as *Petites caisses*, or *Coquilles, de poisson en Mayonnaise*, is a wonderfully economical one, as all sorts of scraps may be used up; for instance, a spoonful or two of lobster, oyster, or shrimp sauce left over is always an improvement, whilst the foundation need not by any means be confined to one sort of fish.

———— (for a Sunday supper).—Flake up the remains of any nice fish free from skin and bone, and mix it in a basin with some picked shrimps (blanched

and cut up scallops, prawns, lobster, oysters, &c., may all be used), anchovy fillets, olives stoned and farced, or plain, minced parsley, sliced or minced hard-boiled eggs, &c., according to what is handy, till the basin is nearly full (it must not be tightly packed), then pour in gently sufficient just liquid aspic to fill it and to cover the fish, and put it aside to set. Make some good and rather rich mayonnaise, to which, just at the last, you stir in a tablespoonful of absolutely boiling water for each full half-pint of sauce, then cork it up tightly in a wide-necked bottle, and put it away in a cool place. Now, if the cook will well wash the lettuce and other salading the very last thing before she goes up to dress for her outing, and leaves it to drain in the hung-up basket in a cool corner, whoever takes her work, during her outing, will only have to dip the basin in hot water, wiping the surface to remove any moisture, and then reverse it on a dish ; it is then garnished with the dry salading, and the sauce may be either poured over this garnish or sent to table in a separate boat. This makes a pretty and appetising dish, and the mayonnaise, being well-corked down, does not acquire the rank, coarse taste which is the result of long-standing exposed to the air.

————— *à l'Italienne*.—Free some cold, cooked cod or other firm white fish, flaking it as much as possible into shell-like pieces, breaking up the rest small, and tossing it with two forks with shrimps, anchovy fillets, dice of hard-boiled egg, capers, &c., seasoning it lightly but thoroughly with a vinaigrette dressing, and let it stand till well flavoured ; then pile it up in the centre of a dish, arrange some fresh, well-washed salading of any kind in a ring round the fish, dust it all with freshly-ground black pepper, and, if liked, a little grated *Parmesan* ; cover the dome of fish with some rather thin

tomato sauce, in which you have previously stirred a spoonful (according to quantity) of anchovy vinegar, and, if liked, a little grated Parmesan ; now arrange the shell-pieces round the green stuff, filling each with some thick tomato purée or mayonnaise, and garnishing this with a little ball of egg butter, a rolled fillet of anchovy, a little caviar, or, in fact, anything handy, and serve.

——— (*Mélangée*).—Cook a small, smoked haddock in milk, or take the remains of a cold cooked one and flake it small, free from skin and bone. Cook a small, fresh haddock or codling and leave it till cold ; or take an equivalent amount of cold cooked salmon, lemon sole, or other cold fish, and flake it up. Well wash and dry a “mixed salad,” and break it up pretty small (do not cut it with a knife), put it into a basin with a good supply of French salad dressing, and toss it well together till thoroughly saturated with the dressing ; then lift it out into the salad bowl, add to it a very finely-minced shallot, or some minced chives or very small spring onions, the flaked fish, a small tin of royans, or sardines (previously boned and skinned), a spoonful of anchovy vinegar, and a little more oil, toss it well together, and serve, after strewing the surface of the salad with a handful of picked shrimps. This salad is very economical, as it will use all sorts of fish scraps, for the greater the variety the more people seem to like it. For instance, cold cooked salt cod, flaked, may be used with minced anchovies and dice of hard-boiled egg, instead of the fresh fish and the shrimps ; or canned prawns, caviar, a mould of the well-known thon mariné, a tin of royans à la moutarde, or aux tomates, or fillets of kippered fish or bloaters (especially if previously soaked in a little milk), may all be utilised.

———— *à l'Anglaise*.—Put into a salad bowl a layer of broken-up fresh lettuce strongly seasoned with oil, vinegar, salt, and freshly-ground black pepper, and on this put a layer of flaked fish tossed in mayonnaise ; then arrange round it hard-boiled eggs halved lengthwise, the yolks removed and the cavity filled with minced shrimps, prawns, &c., tossed in oil, vinegar, salt and pepper. Finish with little tufts of seasoned watercress, and serve at once. To be eaten in perfection this salad must be freshly made.

———— *aux Tomates*.—This salad depends entirely on its dressing, for fish of any kind may be used, one sort or more, according to what is handy, whilst the salad may be fresh, or composed of a macédoine of cold cooked vegetables, as you please. For the sauce : Crush the yolks of two hard-boiled eggs with a wooden spoon, mixing them smoothly with a raw egg yolk, then mix in drop by drop, stirring continuously, half a gill of salad oil, till it is all perfectly smooth and thick ; in a separate basin mix half a teaspoonful of mustard flour, a saltspoonful of caster sugar, a dust of cayenne or coralline pepper, and, lastly, a small tablespoonful of good vinegar, and a teaspoonful each of tarragon and anchovy vinegar ; now work this all smoothly with two or three tablespoonfuls of tomato pulp or purée, and lastly mix it smoothly with the egg, oil, &c. Another dressing that answers excellently for these salads is the following, sometimes known as “ English mayonnaise ” : Mix together well the yolk of one hard-boiled egg, a teaspoonful of mustard, a quarter of a teaspoonful each of salt and pepper, then add in, drop by drop, very slowly, sufficient good salad oil to get the mixture as thick as custard or butter ; finally adding a teaspoonful each of (Lazenby's) Harvey sauce, Worcester sauce, chilli,

Fisherman's Salad.—Slice six cold boiled potatoes (the waxy ones are best for this); flake about $1\frac{1}{2}$ lb. of any good cold boiled fish, freeing it from any skin or bone; shred the quarter of a nice firm cabbage as for cold slaw, and lay these in a salad bowl; next lay in the sliced potato, and lastly the fish. Sprinkle over all this a tablespoonful each of minced onions or chives, and pickles, dust in a little freshly-ground pepper, finally pouring over it all a coffee-cupful of good vinegar and one and a half teacupfuls of salad oil. Sieve the yolks of two hard-boiled eggs over the mixture, garnish with the whites cut into julienne strips, and serve.

Sardine Salad.—Break up a well-washed and drained lettuce rather small, and put it into a salad bowl, lay on this a tomato and cucumber, sliced, and strew over it three or four finely-minced spring onions, or an equal quantity of minced chives; pour over it all a cup of mayonnaise (either plain or tomato) or a French salad dressing. Toss it all well together, sprinkle it with minced tarragon and chervil, and garnish with quartered hard-boiled eggs, skinned and boned sardines, and little bunches of picked and seasoned watercress. Another version of this salad (sometimes called *à l'espagnole*) is made thus: Skin and bone as many sardines as are necessary, and cut them into neat pieces; put these into a basin with one or more spoonfuls of capers (according to quantity), mix it with some finely broken-up lettuce, and toss it all till thoroughly moistened in a French salad dressing; then arrange it all in a salad bowl, garnishing it with sliced and seasoned tomatoes, and stoned olives stuffed with anchovy, green, or Gascony butter.

Herring Salad.—Choose the Dutch pickled herring for *this*. *Fillet* and cut up two of these herrings, slice down

some cold waxy potatoes, and mix with them six washed, boned and minced anchovies, one apple, cored and minced, a small cooked beetroot cut into little dice, and some pickled onions; mix it all well with a good French salad dressing, and serve garnished with chopped hard-boiled egg, capers, minced parsley, and some of the beetroot.

Oyster Salad.—Beard some oysters and blanch them in their own liquor (being careful that they do not actually boil), then quarter them; wash a small head of celery, shred it into julienne strips, and throw it into cold water to crisp it, then drain the celery, mix it with the oysters, season it all with pepper, and put it all in some white mayonnaise; pile it up in a glass dish, and mask it smoothly with more mayonnaise; garnish with sliced hard-boiled egg and caviar, both lightly seasoned with oil and lemon juice. The decoration of this salad may be varied to taste; for instance, some people always add sliced and seasoned tomato, whilst others again use cold cooked celeriac, or salsify, instead of celery.

Caviar Salad.—This is properly more of a hors d'œuvre than a salad, still for lunch or supper it makes a very pretty little dish. Have ready as many small, richly-coloured tomatoes as you require, cut off a slice from the top, and remove the seeds and core with a teaspoon, press back the flesh of the tomato with the bowl of the spoon, and season them inside with freshly-ground black pepper and a sprinkle of oil and lemon juice; then set them aside on ice till wanted. Now turn out a small pot of Russian caviar (the grey-green large-berried kind if procurable is the best), and mix it lightly with two tablespoonfuls of oil and one of lemon juice, being careful not to crush the caviar. Set this also on ice till wanted, then place a seasoned

slice of hard-boiled egg (cut transversely, not lengthways) in each tomato, pile on this some of the caviar, curl a halved prawn round the top, setting an olive farced with anchovy butter on each, and serve. Any fish may be served in this way with the caviar, and makes a pretty variety.

The above will show that there is plenty of variety in serving cold boiled fish, but what few cooks appear to realise is the use of cold fried fish for this purpose. Cold *fried smelts* may be boned and filleted, and served with broken up lettuce, tossed in tomato mayonnaise, and garnished with anchovy fillets, hard-boiled and quartered egg (plover's or otherwise), chopped aspic, &c., according to taste and the material available. Cold *whitebait* again is a thing one seldom sees, yet few salads are more dainty than a pile of delicately-fried cold whitebait, lightly sprinkled with oil, lemon juice or white tarragon vinegar, and coralline pepper, surrounded by the hearts of young cabbage lettuce (and, for those who like it, a sprinkling of minced chives or very tiny "thread" or spring onions), very small round radishes, &c., and some white mayonnaise handed in a boat. Fish fillets also, if baked or poached, seasoned with a little lemon juice, salt, and coralline pepper, and pressed till cold between two plates, after which they are trimmed, decorated with hard-boiled egg, truffle, &c., and masked with aspic jelly, make a very pretty border for salad of any kind, especially for the Sunday supper above referred to; the salad (which may be fresh, or a macédoine of cold cooked vegetables, or, at a pinch, the contents of a can of macédoine) being mixed with vinaigrette or mayonnaise as you please, and finally set by pouring into the basin *as much just liquid aspic as it will hold*; leaving it till

cold and firm, when it may be turned out, and served with the fish fillets arranged round it, with little heaps of chopped aspic.

The space at my disposal is far too restricted to allow of anything like an exhaustive description of the (literally) hundreds of salads, even of fish, which may be met with, still the above will give some idea of how to procure some change from the everlasting, and often "strong," lobster or salmon mayonnaise. But the salad-maker should remember that freshness and dainty simplicity are the keynotes of success in this matter. People are so anxious to make their salads "good," as they term it, that they cram every kind of ingredient and a heterogeneous assortment of spices and sauces into the salad bowl, till nothing but the name on the menu enables one to guess the foundation of the dish before one. As with everything else, each salad should have its own distinct and recognisable flavour, enhanced maybe, but never overpowered, by judiciously chosen adjuncts. Cold boiled British salmon, for instance, calls aloud for lemon juice and *perhaps* a few capers, though connoisseurs are still divided whether a vinaigrette should accompany it, or a mayonnaise, many averring the latter to be too strong a condiment for the native fish, though welcome with Dutch or frozen fish. Again, orange (especially Seville orange) juice and even a little of the pulp carefully freed from pith and pips, is held a great addition to any white fish salad, especially of soles, lemon or otherwise, and plaice. Smelts go well with tomato and cucumber (few people appear to know how good hot tomato sauce is with fried smelts by the way); mackerel have most flavour if dished with tomato mayonnaise, and some finely-minced fennel ; cold/boiled

and filleted herring, especially if from Loch Fyne, is delicious if served with tartare sauce, seasoned watercress, and, if liked, a dusting of finely-minced chives or spring onions. Sardine sauce again is an ideal complement to cold halibut, or fish of that class, whilst cold salt (or fresh) cod salad with a dressing à la Ste. Ménéhould is as uncommon as it is good. Only remember, keep your flavours distinct and clear and your salad itself as daintily simple as possible. The best salad I ever ate was made by a well-known French chef, famous for the delicacy of such dishes when he prepared them, but I saw that very salad passed over by the pupils (it was a class at an exhibition), contemptuously as "only a lobster salad ! *any* one can make that ! and just a plain thing, without a bit of garnish ! " And they turned admiring and reverent eyes towards a weird and awful production, concerning which I never was absolutely certain whether it was sweet or savoury, or indeed whether it was not the discarded hat of one or other of the assistants !

CHAPTER IV.

MOULDS, CREAMS, &c.

FEW dishes look prettier than a nicely and daintily prepared mould of fish, and this possesses the advantage, moreover, of being very economical, using up all sorts of scraps, and of really involving but little trouble or work. Once a cook has mastered the art of making aspic jelly, in itself really a most simple process, she can produce any number of pretty dishes with the remains of last night's dinner; for instance, if she lines any mould, either border or plain, about a quarter of an inch thick with aspic jelly, she can fill this with any remains of fish, flaked free from skin and bone, lightly seasoned with pepper, salt, oil, and vinegar, and any accessories such as shrimps, prawns, scraps of lobster, hard-boiled egg, &c., that she may happen to have at hand, tossing the whole lightly in mayonnaise of any kind, or, failing this, a little of the just liquid aspic; cover this all with a layer of the plain aspic, and put it aside till perfectly set; it can then be turned out, and if a border mould was used, the centre may be filled up with seasoned watercress, or any salad to taste in season; if a plain charlotte mould was used, garnish the mould round with the salading, and you have a very pretty dish out of what might have been an unproducible set of scraps. Then again, say you have, left

over from the previous day two or three paupiettes (rolled fillets) of sole (black or lemon), indeed any fish will answer; line some small moulds with aspic jelly, halve each paupiette horizontally, set a half in each mould, fixing it in place with a little more aspic jelly, then cover with a slice of seasoned tomato or cucumber, as you please, cover this again with aspic jelly, and leave till firm, when you turn out the little moulds, and serve them with a garnish of salad, or of chopped aspic to taste. Another method of using the remains of cold fillets is the following: Choose a plain mould, and again line it with aspic jelly; lay on this, in any pretty pattern, the cold fillets (if paupiettes slice them about a quarter of an inch thick, if ordinary fillets stamp them out into cutlet shapes, dusting them with a little coralline pepper and minced parsley), arranging them neatly round the sides and on the top; of course the more daintily this is done the prettier will be the result. Set these with sufficient aspic jelly to produce an even surface, then chop up all the trimmings of the fish, mixing it with, say, half a pint of shelled shrimps, or the flesh of a small lobster, or indeed any remains of fish handy may be utilised for this, season lightly with pepper and salt, and mix them with any good mayonnaise you like (if you have any remains of lobster, shrimp, or scallop sauce, stir this in the above); now pour a little just liquid aspic into the mixture, fill the mould up with the latter, and put it aside to set.

Another pretty dish of the same kind is *Fish Custard*, made by preparing a savoury custard with the yolks of three or four eggs, two gills of the court-bouillon in which the fish was cooked, and one gill of milk, seasoning this with salt, pepper, and mace to taste, stirring in at the last

about 1oz. of best leaf gelatine, previously dissolved in a very little milk or fish stock ; if you wish your dish to be extra nice, you will add to this as it cools half a gill or more of stiffly-whipped cream. Have ready the cold fish, either flaked into neat pieces or stamped out as before, together with one hard-boiled egg or so, sliced, and about one-third the quantity of shelled shrimps, prawns, or lobster roughly minced, as you have of fish ; stand the mould, if possible, on ice, and arrange on it a pretty pattern with halved prawns or large shrimps, sliced cucumber, cold cooked peas, shreds of chilli skin, tiny picked sprays of parsley and chervil, in short any garnish you please ; now set this very gently with a little of the custard, then put in a layer of the fish, strewing over it some of the minced shrimps, &c., and again cover it with the layer of custard, repeating these two layers till the mould is full, being careful to finish with the stiffened custard. Put this aside till set, then turn it out, and serve garnished with seasoned watercress and tomato salad. This dish may obviously be varied almost *ad infinitum*, according to the ingredients at hand, and has the advantage of using up a most miscellaneous and mixed variety of fish. Lastly, there are the *Fish Creams* or purées. To three gills of good, strong, strained fish stock (this can obviously be made with the court-bouillon in which the fish was originally cooked, and in which for the purpose you have boiled the bones and fish trimmings to further strengthen it), add $\frac{1}{2}$ oz. of dissolved leaf gelatine, mixing this all with 10oz. of any nice fish carefully pounded with 4oz. of butter, or a gill of thick cream, and season to taste with salt, white pepper, and mace ; when this is nearly cold add in a gill of cream (if you have not already used cream in the mixture), stir it well and pour it into a plain charlotte

mould (which may, or may not, have been lined with aspic jelly, or *chaufroix sauce*), mixing with the fish as you pack it, seasoned oysters, shelled shrimps, halved prawns, shred lobster, or little heaps of caviar, according to what you have at hand, being careful, however, always to season these addenda lightly with lemon juice and white pepper ; leave the mould till perfectly set, turn it out, and serve garnished to taste. These recipes, once their method of preparation is grasped, are so easy to prepare that any cook of average intelligence can vary them indefinitely.

The following will give a good idea of some individual methods of preparation : *Hake Cream and Irish Sauce* (*Crème de Merlus à l'Irlandaise*).—Flake some cold cooked hake, and mix it with horseradish cream. Line a border mould with aspic jelly, and fill it with the flaked fish. When set, turn it out, and pile up the centre with Irish sauce. *Horseradish Cream*.—Mix well together two tablespoonfuls each of double or thick cream and of finely-grated horseradish, and half a pint of white mayonnaise. *Irish Sauce*.—Mix together a gill each of rich green mayonnaise, and of stiffly-whipped cream, with a tablespoonful of white tarragon vinegar, a dust of coralline pepper, and of caster sugar, and, if necessary, a drop or two of green vegetable colouring. Now stir into this sufficient young carrots, turnips, and cucumbers (cut into dice, peas, or slices, and cooked separately) to make up a gill measure, and pile up the centre of the mould with these. Salmon or trout may be used for this dish ; but in this case set the fish in white mayonnaise and fill up the centre with iced cucumber cream mixed with dice of cooked lobster. For the *Cucumber Cream*, cook a small cucumber in weak stock, milk, or water, till *tender enough to pulp* through a fine sieve, add to this

purée a gill of mayonnaise, half a gill of stiffly-whipped cream, a tablespoonful of white tarragon vinegar, a pinch of salt, and a dust of caster sugar ; colour with a drop or two of vegetable green to make it a faint cucumber green shade, and stir into it all just at the last two tablespoonfuls of just liquid aspic.

Mousselines de Poisson.—These are simply very delicate forms of fish cream, but are so pretty and acceptable that it is well to give them. Dissolve $\frac{1}{2}$ oz. of best leaf gelatine in three gills of good clear fish stock, then blend this with 10oz. of cold cooked fish, previously pounded till smooth with 2oz. or 3oz. of butter, season with salt, coralline, and white pepper, a few drops of essence of anchovy, a little mace, and a little lemon juice, and when nearly cold stir in a gill of whipped cream. Now pack a plain charlotte mould with this mixture, place it on ice, or in the ice cave, and when wanted turn it out carefully, masking with any chaudroix sauce to taste. If preferred, when packing it tiny fillets of fish, halved prawns, bearded oysters, &c., may be mixed with the cream. Salmon thus treated and served with a pale green cucumber sauce is a particularly pretty dish. So are cold red mullet in white wine sauce, or whiting or smelts with a delicate mousseline sauce over the mould. In short, like most of these dishes, an intelligent cook can vary them to any extent by her resources.

Red Mullet Cream (Mousseline de Rougets).—Remove the heads and gills from 1lb. of red mullet ; fry a tablespoonful of very finely-minced shallot or chives in 3oz. or 4oz. of butter, over a slow fire, till they are dry, then lay in the mullet, season with coralline pepper, a dust of mace, and a little powdered thyme and bay leaf, and fry the fish pretty sharply. When cooked turn the whole out on to a sieve, draining off the butter and liquor, and

setting this aside on ice to cool. Rub the fish through a sieve to get rid of the bones, &c., and when this purée is quite cold, blend it with the butter and liquor previously set aside. Make a pint of rich custard with three-quarters of a pint of scalded milk and six egg yolks, adding to this, when sufficiently thickened and nearly cold, $\frac{1}{2}$ oz. to 1 oz. of best leaf gelatine, previously dissolved in a little milk; when this is thoroughly thick, whisk the custard, working into it as you do so the pounded fish, and before it sets add in lightly about half a gill of stiffly-whipped cream, pour it all into a mould, and set it aside on ice for a couple of hours at least; then turn out and serve garnished with chopped aspic.

Whiting Cream (Mousseline de Merlan).—This may be made precisely as above (but of course the fish in this case must be cleaned), only omitting the herbs, and seasoning the fish with minced parsley, mace, coralline pepper, and, if at hand, some minced mushroom. Instead of the custard, you can use the cold Hollandaise sauce, stiffened with gelatine, and serve garnished with watercress and tomato salad. This cream is particularly delicate if made with smelts. In any case, a few drops of essence of anchovy should be added to the sauce.

Whiting and Oyster Cream (Crème de Merlan en Surprise).—Prepare a whiting cream according to the directions given for fish cream in the beginning of this chapter; line a plain mould with aspic cream, about one-third of an inch thick, and fill this with the whiting cream. With a large spoon scoop out a hollow in the centre of this mass, and fill up this cavity with bearded and seasoned oysters, tossed in mayonnaise aspic, cover this smoothly with some of the fish cream, previously removed, and put it all aside to set; then turn it out, and serve garnished with watercress and tomato salad.

Lobster, crab, scallops, prawns, shrimps, &c., may all be used for the filling, as you please.

Lobster Cream (Howard à la Céleste).—Have ready some stiffly-whipped cream, slightly flavoured with essence of anchovy and coralline pepper, also a lobster cut up into small dice : season with oil, vinegar, salt, and pepper, and incorporate a third of this with sufficient aspic jelly, previously whipped to a stiff froth, pile this up on a glass or silver dish, mix the rest of the lobster with stiffly-whipped cream, and pile it all over the heap of lobster aspic, as rockily as you can, dust lightly with coralline pepper and minced tarragon, and serve garnished with a bouquet of tarragon sprays, and the lobster feelers inserted at the top.

Soufflé Glacé, of Fish.—This is a nice and easily-prepared dish. Have ready some good mayonnaise of any kind or colour (this may be varied to suit the fish used), some aspic whipped to a stiff froth, but not quite set, and any fish handy, freed from skin and bone and nicely flaked. Have ready a soufflé dish with a two inch band of paper firmly set round it, and put at the bottom of it a layer of the whipped aspic, then a layer of the fish seasoned with oil, vinegar, a little freshly ground black pepper, and salt ; cover this with a thin coating of mayonnaise, or cucumber, tomato, or cold Dutch sauce, as you please, and continue these three layers till the dish is full right up to the top of the paper, finishing with a rocky layer of the whipped aspic ; put this aside till firm, then remove the paper band, fasten a napkin neatly round the dish, and serve lightly dusted with finely-minced parsley and coralline pepper. If liked, some cold boiled rice may be stirred into a rich curry sauce, and used instead of the mayonnaise.

Crab Soufflé.—This is delicious if you whisk one and a half gills of just liquid aspic till white and creamy, then mix into it three-quarters of a pint of stiffly-whipped cream, a tablespoonful of white tarragon vinegar, a tiny pinch of salt, and a good dust of coralline pepper; now stir into this $\frac{1}{2}$ lb. of finely-minced crab, and about a teaspoonful of finely-minced parsley, and chives, chervil, or tarragon (according to what you have), and fill up a papered soufflé mould (the paper should rise $1\frac{1}{2}$ inches to 2 inches above the case) with this mixture; stand it on ice, or in the ice cave, for an hour or so, then remove the paper, and serve with minced parsley and a tiny rose of stiffly-whipped cream, flavoured with a drop or two of essence of anchovy and tarragon vinegar, and a dust of coralline pepper.

Curry Soufflé (Soufflé de Poisson à l'Indienne).—Peel, slice, and fry four onions with a pinch of finely minced bayleaf and thyme in 2oz. of butter for twelve to fifteen minutes; then fry in the same pan a teaspoonful of good curry powder for a minute or so, after which add two raw ripe tomatoes, a good dust of coralline pepper, a dessertspoonful of tamarind, a few drops of lemon juice, a tablespoonful of grated cocoanut, six boned and washed anchovies, and a pint of good fish stock. Simmer this till tender, then dissolve in it $\frac{1}{2}$ oz. of best leaf gelatine, tammy and sieve it, and, when nearly cold, stir in to it $\frac{1}{2}$ lb. of the fish, a spoonful or two of roughly chopped hard-boiled eggs, and two tablespoonfuls of whipped cream. Have ready some small soufflé cases duly papered with white paper, and fill these with the curry mixture. Set them in a cold place or on ice for about an hour, then remove the paper bands, force out a tiny rose of anchovy cream on each, and serve garnished, if liked, with little heaps of cold

boiled rice. This can manifestly be prepared with any cold cooked fish, but is specially good with salt fish, if duly soaked. For the *Anchovy Cream* pound six well-washed and boned anchovies with the yolk of a hard-boiled egg, a tablespoonful of salad oil, and a dust of coralline pepper ; when this is quite smooth add half a gill of liquid aspic jelly, and sieve it all, mixing it then with a gill of stiffly-whipped cream, and leave it on ice till wanted. This is a particularly good garnish for many kinds of fish.

Salmon Soufflé.—Pound 8oz. or 10oz. of cold cooked salmon with the hard-boiled yolks of two eggs, and a few drops of lemon juice, seasoning it with white pepper, salt, and a few drops of essence of anchovy ; moisten this with a gill of good fish stock in which you have previously dissolved ½oz. of leaf gelatine, then sieve it all, and mix it quickly with half a pint of stiffly-whipped cream, flavoured with essence of anchovy and tinted faintly with a drop or two of liquid carmine. Pack it all in a papered soufflé dish, and put it aside till set. If you omit the gelatine and put the mixture into little papered soufflé cases, they may be frozen or *frappés*, and make most delicious little iced soufflés.

Sole Ristori.—Line a plain or charlotte mould with jelly, decorating this with truffle, hard-boiled egg white, and picked sprays of chervil. Set this garnish with a little more jelly, then arrange round the sides and bottom fillets of sole (previously cooked in white wine—*au vin blanc*—and stamped out into even, heart or kite shapes), setting these also with more aspic, and then fill up the centre with a lobster cream (prepared as described in the beginning of this chapter), cover with jelly, and leave till set. Have ready either some small tomatoes (seeded), or some artichoke bottoms,

seasoning either with oil, tarragon vinegar, pepper and salt, and pile up on these the trimmings of the sole, and some lobster, with a few fillets of washed and boned anchovy tossed in some mayonnaise, strew these with minced olives, and arrange round the mould alternately with little heaps of chopped aspic.

The sole fillets should when cooked be pressed between two plates till quite cold.

Carp Mould (Pain de Carpe à l'Alençon).—Braise a medium-sized carp in some good strong fish stock, or rich court-bouillon, on a bed of sliced soup vegetables, till perfectly cooked, then remove all skin and bones, and pound the flesh with two anchovies boned and filleted, and two or three truffles if at hand (these are not indispensable), moistening this as you pound it with a gill or so of velouté sauce, to which you have added the liquor from the fish. Rub this all through a sieve, add to it one and a half gills of savoury or aspic (fish) jelly as you please, and sufficient good tarragon vinegar to flavour it to taste. Meantime, prepare a macédoine of pickled gherkins and button mushrooms, crayfish tails (prawns or shrimps), cut into dice, and some bearded and blanched oysters, mixing all these ingredients well together, and tossing them in some mayonnaise aspic. Line a mould with good clear jelly, and when this is fairly set put in a quarter of the fish purée, previously stirred over ice till perfectly smooth, smooth it over, and cover with a layer of the macédoine, repeating these two layers till the mould is full, and put it away to set. When wanted dip the mould in hot water, turn out the mould, and serve garnished with chopped jelly and little biscuit-crisp croûtons thickly spread with green, Gascony, or anchovy butter to taste. This dish, which is excellent, is very good if made with bream, hake, &c.

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the side of the mould ; force out a little heap of chopped jelly on the top, fixing this in place with a silver skewer (if available, or use a new steel one), on which you may, if you like, thread an unshelled prawn and a truffle, then arrange round it the rest of the eel slices, fixing them as before with the chopped aspic, and serve. For the *vert-pré mayonnaise aspic* mix three large tablespoonfuls of green or vert-pré mayonnaise with half a pint of just liquid aspic, and use when setting.

Chaufroix of Lobster or Salmon.—Slice the bodies or tails of two lobsters neatly and diagonally (or flake a nice piece of cold cooked salmon in the same way), marinade them for two or three hours in oil, vinegar, &c., then mask each thickly and smoothly with mayonnaise aspic. Meanwhile, line a border mould with jelly, and, when this is firm, lay in little heaps of the minced trimmings of the lobster, and of thinly-sliced gherkins, arranging round these strips of white of egg as a garnish ; then pour in a layer of jelly, and repeat these two layers till the mould is full. Put it aside to set. When wanted, dip the mould in hot water and turn out the jelly sharply. Arrange the slices of lobster, &c., on the top of the mould in a circle, fixing them with chopped aspic, by means of a bag and plain pipe, and fill up the centre with a cold macédoine of cooked vegetables tossed in a French salad dressing. The contents of a tin of vegetable macédoine, if nicely drained, answers capitally for this dish. Any fish may be served thus, varying the garnishes.

Salmon Timbale (Timbale de Saumon à la Romaine).—Line a timbale mould with jelly, then put in a layer of half lobster, half tomato sauce, mixed, and stiffened with gelatine ; now put in a thick layer of cold salmon flaked *finely and mixed* with minced anchovies, mayonnaise

aspic, and two or three spoonfuls of whipped cream. Cover this with a layer of the lobster and tomato sauce, and leave till set, when you turn it out and serve garnished with chopped aspic, or halved cabbage lettuces.

Lobster Cream, Iced (Mousse de Homard Glacée).—Split the shell of a freshly-cooked lobster, and mince it very fine; stir this mince over the fire in a gill of béchamel sauce, then add to this a gill of jelly in which you have previously dissolved two leaves or so of best leaf gelatine, and stir it all together until well blended, and the gelatine perfectly dissolved, without, however, letting it boil; season this to taste, and pour it all into a basin to cool; whisk one and a half gills of double cream till stiff, mix it lightly and quickly with a gill of tomato mayonnaise, and stir this gently into the mixture in the basin. Have ready a properly-papered soufflé mould, and fill it with the mixture, then set it in a charged ice cave, and leave it till frozen firm; when you lift it out, remove the paper band, sprinkle the top with finely-minced parsley and coralline pepper, and serve. This should be quite firm and icy cold, but not absolutely frozen hard. Salmon may be prepared in the same way.

Timbale de Poisson en Aspic.—Cook some nice fillets of any white fish *en paupiettes*, and leave these till perfectly cold, pressing them lightly between two plates with a light weight on top; when set, slice these neatly into little rounds, line a plain charlotte mould with aspic, then decorate with the little rounds of fish, adding some coralline pepper and a little minced parsley, fixing this with another layer of jelly. When this is firm, but not quite hard, fill up the centre with minced prawns, shrimps, or lobster, either tossed in a French salad dressing, or in mayonnaise, as you please. Serve garnished with any salad to taste. This is a very pretty

and by no means expensive dish, as fillets of plaice or lemon sole answer quite as well as more expensive fish.

Fish, Chartreuse of.—Fillet a good sole, &c., and cook the fillets in a well buttered baking tin, with lemon juice, salt, and pepper, under a buttered paper, for six to eight minutes; then take up, and place them between two plates, lightly weighted, to press till cold. Now stamp them out with a round cutter, garnishing half with lobster coral or coralline pepper, and the other half with minced parsley and sieved hard-boiled egg, setting this with a drop or two of just liquid aspic. Line a plain charlotte mould with aspic, and arrange the rounds of sole all over the sides and top, adding tiny bunches of picked chervil, and a dust of coralline pepper, if liked, between the garnish, setting this with more aspic jelly. Now mince the remains of the fish, and mix it with about a cupful of picked and minced shrimps or lobster, four (canned and well rinsed) artichoke bottoms, and two peeled tomatoes, cut into small dice, and, lastly, twelve small raw oysters; season to taste with coralline pepper and salt, &c., and mix it all with half a pint of aspic jelly and half a gill of good mayonnaise, stirring it well together over ice till it is just beginning to set, when it must be poured into the mould, and left on ice or in a cool place till firm, when it should be turned out and served garnished with chopped aspic, and a tomato and watercress (or any other) salad to taste. It is not necessary to use sole for this dish, as neat little fillets of whiting, &c., may be used in the same way; only remember in that case to point each row of fillets the opposite way. This is a most economical dish, as any scraps of fish, sauce, &c., may be used in its composition.

Eel Chartreuse.—Kill and clean carefully a 2lb. eel, removing the bones; rub the inside well with pepper, salt, and minced parsley, and tie the fish up in a piece of muslin. Put it in a pan with the head and bones, with a bouquet garni, two slices of onion, a slice of lemon cut straight through pith and peel, with sufficient water to cover this all well; bring it gently to the boil, and simmer till done. It will take from thirty to forty-five minutes, according to the thickness of the eel. As soon as it is cooked lift out the latter, and remove the muslin. Skin the fish neatly, then set it aside. Meanwhile boil up the liquor sharply to reduce it, strain it, and add to it a pint of rather stiff aspic (2oz. of gelatine to the quart); whisk lightly together the white and broken shell of an egg, and mix this with the stock, aspic, &c., bring it all to the boil, stirring it all the time (stopping just before it actually boils up), then draw the pan to the side, and let it stand for eight or ten minutes, after which you strain it through a jelly bag. Now line a plain mould with this jelly, just as it is setting decorating the sides and base of the mould with sliced hard-boiled egg and picked shrimps; then fill up the mould with alternate layers of eel, and shrimps, and hard-boiled egg, setting each layer with a little jelly, and finishing with the jelly, being careful to have each layer well set (though not absolutely hard) before adding the next. Turn out when firm, and serve garnished with seasoned watercress and any nice cold sauce to taste, or serve plain.

Oyster Blancmange.—Make a blancmange in the usual way, only use salt and the oyster liquor instead of sugar. Decorate a mould with caviar and lobster coral and pour in some of the savoury blancmange, then add a layer of fresh oysters sprinkled lightly with

caviar and lemon juice, and repeat these layers till the mould is filled, the blancmange being the last. Leave it on ice till set, then turn it out, and serve garnished with chopped aspic, caviar, and prawns if at hand. (Oysters with mousseline sauce are equally good this way.)

Truites en Turban aux Concombres.—Fillet neatly some small trout, removing the skin and bones, but keeping the fillets as whole as possible, dust half of them with parsley, and half with lobster coral or coralline pepper; line a plain Charlotte mould with aspic, and fix the trout fillets all round, setting them with a little more jelly, as if they were Savoy biscuits for a Charlotte Russe. Cover this with a rich lobster farce pretty thickly, set it with more aspic, and fill up the centre with cucumber sliced or cut into balls, and tossed in mayonnaise aspic. The lobster farce is really chopped finely, seasoned to taste with coralline pepper, minced parsley, and chives if liked, and lightly mixed with a little mayonnaise, to which you add sufficient aspic jelly to stiffen it.

Pike Cheese (Pain de Brochet).—Remove the fillets from a fair-sized pike, and free them from skin and bone, then pound this flesh in the mortar with half the quantity of butter (if an ounce of two of this is crayfish or lobster butter, all the better), seasoning it, as you pound, with white and red pepper, salt, and a few drops of essence of anchovy; then rub it all through a fine sieve into a basin, and stir the purée together for a few minutes. Now mix in the stiffly-whipped white of an egg, twice the quantity of stiffly-whipped cream, and $\frac{3}{4}$ oz. to 1 oz. of leaf gelatine dissolved in a little milk. Fill a buttered mould or basin with this farce, and steam or poach it under a buttered paper,

and when cooked, set it aside till cold, when you turn it out, and serve masked with any nice chausfroix sauce to taste ; with a garnish of seasoned watercress, tomato, or other salading, quartered hard-boiled eggs, crayfish tails, lobster, &c., according to the colour of the masking sauce. Of course truffles may be added to the farce, and prawns, caviar, &c., used in the garnish, but they are not indispensable. Hake, halibut, sturgeon, &c., are all good served by this recipe.

CHAPTER V.

SMALL ENTRÉES, &c.

OF small fish entrées there is a very large choice, though as a matter of fact one seldom sees them save in the case of oyster or lobster patties, or occasionally, lobster or salmon cutlets. Yet small dishes of fish may be made out of the veriest scraps, and still be both tempting and satisfactory. For instance, say you have a little cod left over from last night's dinner, with perhaps a scant ladleful of the sauce that accompanied it to table ; flake the fish as small as possible, free from skin and bone, stir a little, rather thick, mayonnaise into the sauce, and put a layer of this at the bottom of some little cases, either china or paper ; then pile the flaked cod on this, dusting it lightly with freshly-ground black pepper, and a very little lemon juice, and when it is a neat dome shape, mask it with mayonnaise sauce, crowning this with either a fillet of anchovy or a little tuft of scraped horseradish. If you have such things handy, artichoke bottoms well drained and seasoned with oil, vinegar, salt, and pepper, will replace the cases advantageously. Or Suédoise sauce may be used instead of the oyster and mayonnaise sauce, or tomato sauce is also good.

Soles and other delicate fish are equally good, cut

up small and treated as above ; or again small dariole moulds may be lined with aspic, and filled up with a mince of cold fish mixed with aspic jelly whipped to a froth, or stiffly-whisked cream, or any nice sauce to taste, a little just liquid aspic being then poured over it all, and the moulds put away till quite set, when they may be turned out, and served garnished with seasoned watercress, mustard and cress, or chopped aspic, as you please. Tomatoes, seeded and deprived of their extra moisture by pressing the inside with the bowl of a silver spoon, seasoning the inside with oil, flavoured vinegar, freshly-ground black pepper, and salt, may also be filled up with flaked seasoned fish, and fresh or cooked salad tossed in mayonnaise. Aspic (as will be seen in the final chapter) is anything but an expensive luxury, and is a great help to economy, as by its help all sorts of odds and ends may be utilised. For instance, for the tomatoes described above, in winter take any cooked vegetables, such as celeriac, Brussels sprouts, carrot, beetroot, &c., cut into dice, with any scraps of flaked fish, fresh or salt (flaked bloater, kipper, Finnan haddie, &c., answer excellently), and mix them lightly with just liquid aspic jelly ; pile this up in a dome shape in the tomatoes, crowning the apex with a stuffed olive or an anchovy fillet, and serve when set.

Tiny *soufflés glacés* again are very easy to make. Paper some small paper or china soufflé cases with an inch and a half wide band of paper, and lay a spoonful of flaked or minced fish in each, seasoning this with oil, vinegar, pepper, and salt, then cover with a layer of sauce to taste, stiffening this with aspic, then another layer of fish, more sauce, and so on until the case is full, and pile on each lightly a teaspoonful of plain aspic

whipped to a stiff froth. The sauce used for this is easily prepared by adding half a gill (four good table-spoonfuls) of any sauce to taste to one-third of a pint of aspic jelly, mixing them well together, and adding any further seasoning or flavouring to taste as you mix. A rich form of this sauce, usually called a "mouseline," is made by blending together equal quantities of sauce, aspic, and cream, the two last being whisked to a stiff froth.

Again, small cold fish, whether fried in egg and bread-crumbs, or plainly boiled, make a neat little dish as *filets de poisson en aspic*, thus: Remove the heads and tails from some cold fried smelts (or small fillets of sole may be used in the same way), pile them up neatly on a dish, garnish round with any salading to taste, and pour over them either tomato cream or tomato mayonnaise, and serve. If it is boiled fish you have, trim them into neat fillets, and mask them with a mayonnaise aspic or jelly-stiffened sauce to taste, and when this is firm, brush them over lightly with just liquid jelly to glaze it, dish them neatly in a circle when set, and fill up the centre with seasoned water-cress, small cress, &c., to taste.

The following recipes will give a good idea of the variety of such dishes: *Filets de Saumon en Chauffrois Alexandra*.—Cut some cold salmon into neat fillets or slices, and mask them with aspic or savoury jelly. When this is set, dish these in a circle alternately with *fleurons* of anchovy or cheese pastry cut to match the fish, garnish with fresh salad, and serve with a green mousseline sauce in the centre (*i.e.*, equal parts of green mayonnaise, whipped cream, and aspic jelly).

Côtelettes de Saumon aux Tomates.—Prepare some salmon cutlets with a good salmon forcemeat, egg

and crumb them, and fry in hot fat till of a delicate golden brown, drain them well on blotting paper, and leave them till perfectly cold. Meanwhile, mix together a gill of richly-coloured tomato sauce and half a pint of aspic jelly in which you have previously dissolved five or six sheets of best leaf gelatine, and pour it on to a very clean tin or large dish, in a layer nearly half an inch thick, and leave till set. When firm, cut out shapes to match the fish cutlets, and dish the two alternately, in a circle, filling the centre either with chopped aspic or with the following : Cut $\frac{1}{2}$ lb. of potatoes with a cutter into little pea shapes, put these on in cold water, bring this to the boil, then strain off the potato peas, rinse them in cold water, and cook them in boiling salted water till tender, being careful that they do not break or get mashed. When cooked drain them off, and leave till cold, when you toss them lightly in two tablespoonfuls of mayonnaise sauce, strew them with minced tarragon and chervil, and pile it all in the centre of the salmon cutlets.

Petits Pains de Saumon à la Russe.—Prepare a nice forcemeat of salmon, and poach it in little plain dariole moulds. Turn out when cold, mask each with mayonnaise aspic, and, when set, dish with a good spoonful of horseradish or Suédoise sauce (as you please) on the top of each, and garnish to taste with rasped horseradish, seasoned watercress, or chopped aspic.

Petits Aspics de Sole aux Anchois.—Fillet two soles, bat them out, and trim them to the size desired ; then spread one side with a d'uxelle mixture (minced parsley, chives, and mushrooms, seasoned, and tossed in butter), roll up each fillet, and fasten it into shape with a band of buttered paper. Bake these rolled fillets in a well-buttered baking tin, seasoned with a few drops of lemon

juice, wine, and coralline pepper, under a buttered paper. When ready, lift them out and leave till cold. Now line some little bombe or plain dariole moulds with jelly, garnishing the sides with a dust of coralline pepper and tiny sprays of chervil (this is not indispensable though pretty), set these with a little more jelly; then place a fillet in each mould (after removing the buttered paper and trimming them), fill up the latter with jelly, and put aside to set. When dished, force a little rose of anchovy cream out on each, and serve garnished to taste. For the *anchovy cream*, wash and bone three or four anchovies, or use the same amount of anchovy paste, and pound it up with a dessertspoonful of good oil, a dust of coralline pepper, and a drop of carmine; then work in two tablespoonfuls of just liquid jelly, finally mixing it with half a gill of very stiffly-whipped cream. Use icy-cold.

Darioles de Poisson à la Crème.—Mince roughly any remains of cold fish, of one or several kinds as most convenient, season it lightly with oil and vinegar and a dust of coralline pepper; stand on ice till wanted. Now line some little bombe or plain dariole moulds with *aspic cream* (mix together half a pint liquid aspic jelly, a gill of thick, fresh cream, and a dessertspoonful of tarragon vinegar, and use when cooling), this lining should be a quarter of an inch thick. When this is set, toss the minced fish, with minced fillets of anchovy, capers, and olives, in some mayonnaise, and fill the moulds with this, covering them with more of the aspic cream, and serve with, or without, a tomato salad. A particularly dainty dish may be made in this way, called *Petites crèmes d'huitres au caviar*. For this prepare the aspic cream as before, only use strained *oyster liquor* instead of tarragon; chop lightly some

bearded oysters, and mix them and little heaps of caviar with white mayonnaise, add a dust of coralline pepper and a few drops of lemon juice. Fill the moulds as before, and serve with crisp shred celery tossed in mayonnaise, to which some cooks add peeled, chopped walnuts. This dish is not of the "elegant economy" order, I admit, but is bad to beat as a pretty entrée for a smart dinner or a ball supper.

Timballettes de sole à la Cardinale.—Fillet as many soles as you need, and halve each fillet, season each lightly with salt and white pepper, and roll each round a piece of carrot, fastening it into shape with a buttered paper. Bake ten to twelve minutes in a well-buttered baking dish, seasoning the fillets with pepper, salt, lemon juice, and if liked, a few drops of wine, and covering them with a buttered paper. When cooked lift them out and leave till cold. Prepare half a pint of rich lobster sauce, and divide it in half; to one half add five or six sheets of best leaf gelatine to stiffen it nicely, and with this fill the fish fillets when cold and the buttered paper and the carrots have been removed, and let them stand till set. Meanwhile, to the other gill of lobster sauce add a good dust of coralline pepper, a gill of stiffly-whipped cream, two tablespoonfuls of thick mayonnaise, five or six boned and washed anchovies sieved, with a tablespoonful of tarragon vinegar, and two tablespoonfuls of minced lobster (failing this use prawns or shrimps), with a drop or two of carmine to bring the colour to a pretty soft pink. Have the fillets set in aspic jelly in little plain moulds, then turn these out and arrange in a circle, filling up the centre with the lobster sauce. If liked, a *jelly border* improves this dish wonderfully. For this pour jelly into a plain border mould to the depth of an inch or so, turn it out

when set, dish the fish on it, and pile the sauce up in the centre.

Little Salmon Soufflés (cold).—These are made thus :—Pound 8oz. or so of cold cooked salmon, very smoothly, with the yolks of two hard-boiled eggs, a few drops of lemon juice, a drop or two of essence of anchovy, with salt and white and coralline pepper to taste ; moisten this all with a gill of stock in which you have dissolved $\frac{1}{4}$ oz. of gelatine, sieve it all, then stir into it lightly half a pint of stiffly-whipped cream, flavoured with anchovy essence and coralline pepper, and, if necessary, coloured with a drop or so of carmine to bring it all to a delicate pink. Have ready some little paper soufflé cases, fill them with the mixture, and set them in the ice cave for an hour or so. These can be served without icing, if instead of $\frac{1}{4}$ oz. gelatine you dissolve nearly $\frac{1}{2}$ oz. in the stock. Remove the paper before serving. Any nice fish may be served thus, especially if essence of anchovy be added to the mixture.

Iced Salmon Soufflé.—Mince finely 1lb. cold cooked salmon, and mix it with a pint of stiffly-whisked aspic (whisked while cooling), then stir in lightly half a pint whipped cream ; season with a teaspoonful of French and English mustard (mixed), a dust of salt and of coralline pepper, and a full tablespoonful of Worcester sauce ; add if necessary a drop or two of carmine to make it a delicate pink, and a teaspoonful of anchovy essence. Put this into a bag with a large plain pipe, fill some little paper soufflé cases with it, and leave these in the charged ice cave till set. When required, remove the paper, press out on each a rose of stiffly-whipped cream, seasoned with coralline pepper and raw minced parsley, and dish with half a plover's egg between each *little case*, or, failing this, some chopped aspic.

Iced and Devilled Lobster Soufflés.—Dissolve a teaspoonful of Lemco and $\frac{1}{2}$ oz. of best leaf gelatine in a pint of hot, rich espagnole sauce ; add to this a full wineglassful of sherry, two tablespoonfuls of Worcester sauce, a teaspoonful of French mustard, and a good dust of cayenne. Pound the flesh of a cooked and minced lobster with six anchovies and a *little* thick cream ; mix it with the previous ingredients, and rub it all through a fine sieve. When cool, mix in lightly a gill of very stiffly-whisked cream. Paper some small soufflé cases and lay in some pieces of lobster seasoned with cayenne pepper, chilli vinegar, oil, and a little Worcester sauce (or chutney, if liked) ; now fill up with the lobster mixture by means of a bag and pipe, and place these little soufflés in the charged ice cave for at least an hour ; then serve dusted with finely-minced parsley. This is very good made of tinned or canned lobster.

Petites Mousses de Homard.—Dissolve two or three sheets of best leaf gelatine in a gill of aspic jelly, and stir it into a gill of creamy béchamel, with the finely-minced flesh of a lobster, and leave it to cool. Whip one and a half gills of cream to a stiff froth, then mix it well with a gill of tomato mayonnaise, and, lastly, stir this all gently into the lobster, aspic, &c. Have ready some little paper soufflé cases, fill them with the mixture, and stand these in the charged ice cave for an hour or so. To serve, remove the papers, and dust lightly with minced tarragon and coralline pepper.

Trout en Turban.—Have ready some cold cooked fillets of trout, and dust half with lobster coral and half with minced parsley ; fix these with aspic, or fish jelly, round a jelly-lined Charlotte mould, as if they were Savoy biscuits ; then cover them quickly inside with a cold farce of minced lobster, and fill up the centre with

sliced and seasoned cucumber tossed in some rich mayonnaise ; cover this all with jelly, and leave it till set, when it is turned out, and serve garnished with chopped jelly, or seasoned watercress to taste. Any fish fillets may be served thus, varying the farce and the centre.

Filleted Sole is also good cold. Trim the fillets neatly, season them with a little salt and white pepper, put them in a well-buttered baking dish with a little lemon juice, covered with buttered paper, and cook in the oven for eight to ten minutes ; then lift them out, lay them on a plate, turn another over them, weight this lightly, and leave till perfectly cold. They can then be cut to any shape liked, and masked with any sauce to taste. For instance, if coated with gelatined tomato sauce and served round a watercress salad, with a garnish of chopped parsley, anchovy, and sieved hard-boiled egg, they are called *Filets de Sole, Bohémienne* ; if previous to cooking they are rolled round a piece of potato or carrot cut in the shape of a cork, and tied up in a strip of buttered paper, cooked, and freed when cold from the potato and the paper, then masked with Dutch sauce (stiffened with a little gelatine), filled up when this is set with a rich lobster sauce, and served garnished with chopped aspic, tarragon, and chervil, they are known as *Filets de Sole en Chaufroix, Dauphine*. Or the fillets may be rolled up, fixed into shape with a band of buttered paper, and either cooked in the oven with a little white wine and a buttered paper over them, or gently simmered till done in milk and fish stock, then left till cold, when they are neatly trimmed. Now line a plain Charlotte mould with aspic jelly, and arrange the little rolls of sole all round this, slicing one round to decorate the bottom (which *will be the top*) of the mould ; put a prawn, or two stoned

olives farced with an anchovy fillet, between each little roll, and pour in sufficient just liquid aspic to set it; then fill up with the sauce given below, and serve as *Timbale de Soles au vin blanc*. For the sauce prepare about half a pint of Dutch sauce, making it pretty thin, and stir into this two tablespoonfuls of finely-minced crab (of course any shellfish may be used) and 3oz. of best leaf gelatine, dissolved in one or two tablespoonfuls of cream or new milk, and use it as it is just setting. For this dish the Dutch sauce should be made of light French wine only.

Whiting, small haddocks, small dorries, or lemon soles may all be filleted in this way, and even fillets of gurnet are not to be despised under these maskings. They can all be cooked in the same way as the sole fillets, and are, each and all, improved by being marinaded previously for an hour or two in oil, vinegar, spice, pepper, and salt.

Cold Curried Fish in Cases.—For 1lb. fish freed from skin and bone, take 2oz. of butter, one onion, one tablespoonful of curry powder, one tablespoonful of minced apple, one heaped dessertspoonful of flour, one tablespoonful of fresh or dessicated cocoanut, one gill white stock, half a pint of milk, half a gill of cream, the juice of half a lemon, salt, pepper, and caster sugar. Fry the peeled and finely-minced onion in the butter till tender, but not coloured; now stir in the curry, and fry it for a minute, then the flour and cocoanut, stirring it all well as it cooks, and lastly the minced apple, and moisten this all gradually with the stock and milk; stir it all till it boils, season to taste, and then lay in the flaked fish and simmer it gently till it is all tender and well blended; now turn it out, and when quite cold add the cream, &c. Dish in a border of cold rice

garnished with anchovy fillets, shrimps, picked vegetables, &c., to taste.

Clam Cocktail.—Place twelve opened clams in a basin with their liquor, and when this has settled well, pour it off carefully into another bowl, free from all shell and sediment, and set this basin on ice. Meanwhile, add to the clam liquor enough mushroom or tomato catsup to fill four claret glasses altogether, with a small teaspoonful of finely-grated horseradish, three or four drops of Tabasco, a tablespoonful of vinegar (plain or flavoured) or lemon juice, and the iced clams. Mix lightly and serve very cold. Oyster cocktail may also be made in the same way, only omitting the horseradish, and using one part Worcester sauce to two parts of catsup.

Oyster Cocktail.—Choose very small oysters, drain off and strain their liquor, rinsing them well in this to free them from any bits of shell. Have ready the following sauce: Mix together two tablespoonfuls each of lemon juice and tomato catsup, a teaspoonful of Worcester sauce, ten drops of Tabasco, and a dust of salt. (This will make sauce enough for six persons.) The oysters should have stood on ice till the sauce is ready, then when quite cold (but *not* frozen), put from four to six into each glass and pour over these some spoonfuls of the dressing and serve. These cocktails are much liked in America for lunch, or supper parties, and are also sometimes used amongst the hors d'œuvre, or *zakouska*, as the Russians term this service. To this class belongs the well-known "prairie oyster," said to have been invented by a plainsman of the Wild West for the benefit of a sick comrade, who believed only an oyster would enable him to shake off the fever *that was killing him*. This "oyster" is prepared by

putting a teaspoonful of good vinegar, or Worcester sauce, at the bottom of a wineglass, and slipping into this very carefully the unbroken yolk of a raw egg, dusting this with salt and a little freshly-ground black pepper. It must be added that this may be varied to taste, some persons adding a drop or two of Tabasco or a little cayenne to the vinegar, whilst others, *horresco referens*! sophisticate this temperance "pick-me-up" by using old rye whisky, instead of vinegar or sauce; but this is not approved by connoisseurs.

Poisson à l'Amphytrion.—Flake up any cold fish (the more delicate the better, cold John Dorey is especially good thus) rather small, then toss it carefully in verte or ravigotte mayonnaise till every flake is nicely covered, and pile it up on a glass dish; set this on ice for at least two hours before it is wanted, then serve garnished with chopped aspic and tomato or cucumber salad. With the latter it is prettier to mix the fish with tomato mayonnaise.

Fish Sandwiches.—Spread some Hovis or sandwich bread with either egg, Gascony, or maître d'hôtel butter, and lay on these slices either minced or flaked cold fish, seasoned with salt and white pepper; spread an equal number of slices of bread with a stiff mayonnaise, or mayonnaise aspic, lay very thinly sliced cucumber or tomato on this, press the two sets of slices together lightly, trim them into shape, and serve garnished with cress of any kind. These may be prepared sometime beforehand if when ready they are packed one on the other, covered with lettuce leaves—the outer ones—and then with a damp, but *not* wet, napkin. But of course, when possible, they are best made fresh.

——— *Curried*.—Have ready some good fish cream of any kind (or pounded and seasoned fish, mixed

to a paste with a little thick or whipped and seasoned cream); then turn out a tin of curried prawns and pound this also with cream or butter, and the hard-boiled yolks of two eggs; run a thin layer of aspic jelly into a shallow tin (the lid of a biscuit tin answers admirably), and, when set, spread this with the fish farce, and next with the curried mixture; run more aspic over this, and leave it till set and firm; then, with a sharp knife dipped in hot water, you cut it into squares, fingers, or triangles as you prefer, and dish on a bed of chopped aspic with little heaps of cold boiled rice. These are also very nice if placed, sandwich-fashion, between two slices of buttered Hovis bread. These sandwiches are also things that may be varied to taste, and are invariably appreciated. For instance, cold, cooked flaked salmon, fresh or smoked, may be laid between slices of bread spread with iced cucumber sauce stiffened with a sheet of two of gelatine; whilst cold herring, fresh or kippered; washed and boned sardines; cold mackerel fillets, &c., are all good with bread spread either with Gascony butter or rather stiff tomato mayonnaise.

Iced Curry in Cases.—Rub a basin once or twice with fresh-cut garlic, then put into it half a pint of mayonnaise or tartare sauce, with a teaspoonful of finely-minced chives (or, failing this, a shallot), a dessertspoonful of good curry powder, a little dry mustard, a pinch of cayenne, and one pint of flaked and minced fish (of one kind only, or a mixture, as you please, chopped anchovy or shrimps being in any case an addition); toss these all lightly together, and freeze it for two or more hours in the charged ice cave; then half fill some paper or china cases with the frozen mixture, pile up lightly with carefully boiled cold rice, and serve plain,

or decorated with chopped red and green chillies, minced parsley, coralline pepper, &c. Lobster, which is very good thus, is improved by the addition of two or three drops of Tabasco to the mixture. If there is not an ice cave, put the mixture to be frozen into a tin with a tight-fitting lid, luting the edge with a little fat or butter, and bury it in ice and salt for two and a half to three hours.

Filets de Sole à la diable.—Marinate some small fillets of sole, then roll them, tie into shape with a buttered strip of paper, bake in a buttered tin with a little lemon juice, under a buttered paper, till cooked, then put them aside till cold. Prepare a *Devil sauce* thus : Crush the hard-boiled yolks of two eggs to powder, with a teaspoonful of mustard flour, a pinch each of caster sugar and cayenne, half a teaspoonful each of salt and freshly-ground black pepper ; mix well together, and moisten, almost drop by drop, with a full half gill of salad oil ; when this is all well blended, stir in a very finely-minced shallot, or some minced chives, adding, by degrees, rather over half a gill of claret, the strained juice of a lemon, an equal amount of chilli vinegar, and as many drops of Tabasco as you please. Put a spoonful of this sauce into as many china or paper cases as you have fillets, then put a fillet into each and fill up the cases with the rest of the sauce ; set a stoned olive farced with anchovy butter on each fillet, and place the dish on ice, or in the charged ice cave, for two or three hours before use. Some people use egg butter seasoned with cayenne, instead of the anchovy butter. Others, again, consider the sauce too hot (it is pretty strongly devilled), in which case, omit the Tabasco and the cayenne, using coralline pepper instead, and add the juice of a second lemon instead of the chilli vinegar.

Filets de Sole et de Saumon à la Russe.—Choose for this

small fillets of sole and of salmon, either cooked for the purpose (in a buttered tin under a buttered paper), or cut from cold, previously-cooked fish. Mask the sole fillets with tomato mayonnaise, and the salmon ones with white mayonnaise aspic, and when they are firm, dish them *en couronne*, and fill up the centre with Suédoise sauce iced, and garnish with scraped horse-radish.

Filets de Sole, Claudine.—Fillet two nice soles, trim and bat out the fillets, season with white pepper and lemon juice, roll them up, and fasten into shape with a band of buttered paper, place them in a buttered pan with half a gill of fish stock, the juice of half a lemon, and, if liked, a few drops of wine, salt and pepper to taste, and bake from twelve to fifteen minutes according to size and thickness ; then lift them out and leave them till perfectly cold. Meanwhile prepare the following sauce : Stir into one and a half gills of good brown sauce two tablespoonfuls of capers, a pinch of minced parsley, four washed, boned, and pounded anchovies, a teaspoonful of Lemco, a minced shallot, and three or four minced mushrooms ; let this all boil up, and simmer it for ten minutes, then tammy it, add about $\frac{1}{4}$ oz. of best leaf gelatine, the strained juice of a lemon, and four stoned and minced olives ; bring it to the boil again, and as soon as the gelatine is perfectly dissolved, set it aside till nearly cold ; then stir in lightly a spoonful or two of stiffly-whipped cream, and mask the fillets with this sauce as it is setting. When this coating is firm, trim the little fillets, and serve them on a bed of chopped aspic jelly. Another version of this dish is produced by masking the little fillets with aspic cream, forcing a little rose¹ of anchovy or green butter out on each, then serving them surrounded with the previously-given

sauce, from which, however, you should omit the gelatine for this purpose.

Though soles are here given, almost any fish is good with this sauce, fillets of sea trout or Dutch salmon being particularly to be recommended.

Darioles de Poisson à l'Indienne.—Fry two small peeled and sliced onions in 2oz. of butter, and when these are tender and lightly-coloured add about half a teaspoonful of curry powder, and fry this also for a minute; then stir in two small, sliced tomatoes, half a teaspoonful of curry paste, a good dessertspoonful of anchovy paste (the quantity of this is rather a matter of taste), pepper, and salt; moisten this all with half a pint of good fish stock, add a full bouquet (thyme, parsley, lemon peel, bay leaf, onion, &c.), and simmer all for ten minutes. Then stir in $\frac{1}{2}$ lb. of finely-minced cold fish, free from skin and bone, a dessertspoonful of chutney, and $\frac{1}{2}$ oz. of leaf gelatine previously dissolved in a very little fish stock; when this is all well blended, sieve it, and when cool, stir into it about half a gill of stiffly-whipped cream. Have ready some dariole moulds lined with aspic, or savoury jelly, fill these with the fish mixture, setting this with a little more jelly, and put them aside till firm. Then turn out, and serve garnished with cold boiled rice, in little heaps, and chopped jelly.

Petites Ballettes de Saumon aux Concombres.—Into three-quarters of a pint of good velouté made with fish stock, add a little essence of anchovy, a good dust of coralline pepper, 1oz. of best leaf gelatine, and about a gill or more of the court-bouillon in which the salmon was cooked, and boil it up sharply till the gelatine is perfectly dissolved, and the sauce has reduced and thickened; now add to this a gill of cream, just boil it up again, then put it aside to cool. Cut up 1lb. of cold cooked salmon,

free from skin and bones, into small dice, and cut up about one-third the quantity of cucumber into tiny cubes to match, and stir these into about one-fourth part of the previously prepared sauce, season with white pepper, salt, and a little lemon juice, and stand it on ice to cool. Now roll this mince into balls about the size of a golf ball (or a little smaller), mask them with the rest of the sauce, to which you have added about half a gill or so of just liquid aspic, dust them lightly with minced parsley and truffles and some coralline pepper, and serve on a bed of chopped aspic. Any fish may be used in this way.

Very pretty little dishes may be easily made of a border mould filled with aspic, and then turned out, and little balls, made as above, coloured *chaufroix*, or *mayonnaise* aspic, being used to coat them, as you please. For instance, fill a border mould with tomato aspic, and leave till set; have ready some *ballettes* set as above in white sauce, or *paupiettes* of sole masked with aspic cream, and set these on the tomato mould when turned out, fixing the fish in place with chopped golden aspic, and fill up the centre with a *macédoine* of cooked vegetables, tossed in *mayonnaise*, or with small cold potato balls, dusted with parsley and coralline pepper, and moistened with *mayonnaise*.

Bombes de Merlan aux Huitres.—Line some bombe moulds with aspic cream, then fill them with a delicate whiting cream seasoned with coralline pepper and lemon, and mix with some stiffly-whipped cream; make a hollow in the centre of this farce and drop in one or two oysters (according to the size of the mould), bearded and seasoned with lemon juice and coralline pepper, cover with more farce, set with aspic cream, and put it away till firm; then turn out, dish in a circle, and fill

up the centre of this with shred celery, crisped in cold water till wanted, and sliced truffles, all tossed in the American cooked mayonnaise.

Filets de Sole, Ravigotte.—Bat out and trim the fillets from a nice sole, and cut each into two or four according to size ; then sprinkle one side with minced parsley, white pepper, salt, a drop or two of lemon juice, and some roughly minced shrimps (prawns or lobster, according to what you have), mixing these with a little béchamel or velouté to spread them ; now roll up the fillets and fasten them into shape with a buttered paper, and bake for twelve to fifteen minutes in a well-buttered tin, seasoned with lemon juice and a few drops of wine or fish stock, under a buttered paper ; then lift them out and leave till quite cold. Now remove the paper bands, trim the fillets neatly into shape and mask them with *ravigotte aspic* (three large tablespoonfuls of ravigotte sauce blended with a short half pint of just liquid aspic), garnishing them when this is set with a rosette of anchovy butter, and serve with triangles of aspic jelly, and seasoned watercress. Any small fillets of fish may be treated thus, and need not be rolled.

Petites Timbales de Crabe en Mayonnaise.—Pick the flesh from a good crab and pound it with a mustard-spoonful each of made English and French mustard, coral-line pepper, salt, a dessertspoonful of essence of anchovy, a tablespoonful of tarragon vinegar, and, if liked, a drop or two of Tabasco. When this is all smooth, blend with it half a gill of thick cream, and two and a half gills of aspic, and sieve it. Now line some bombe or timbale moulds with tomato jelly, fill them up with the crab purée, cover with more jelly, and put them away to set. Turn out, dish in a circle, and fill up the

centre with broken-up lettuce, tossed in mayonnaise, garnished with anchovy fillets, and halved or quartered plover's eggs.

Tomates en Surprise.—Stir together a gill of tomato conserve (or the sieved pulp of some fresh cooked tomatoes), with a pint of just liquid aspic jelly, adding a few drops of carmine, if necessary, to bring up the colour (be careful and economical with this), then line some tomato moulds with this aspic and, when set, fill them with cold flaked fish of any kind, tossed in *rémoulade* or tartare sauce, pouring a little aspic over to set them, press the two halves of the moulds together, and leave till firm. Serve on a bed of chopped aspic, garnished with seasoned watercress. Any cold fish may be used for this dish, which does not necessarily require the tomato moulds, though they are an improvement.

Canots à l'Indienne.—For these take little boat-shaped moulds (though small patty pans may be used if handier). Line the tins with anchovy paste, prick them all over, and bake till crisp and dry in a moderate oven. They will take from twelve to fifteen minutes. Fill these, when cold, with any kind of flaked fish tossed in curry sauce, piling them up well; then mask them evenly with more curry sauce, stiffened in the proportion of four parts jelly to one of sauce, and when set garnish with strips of red chilli and a tiny tuft of chervil.

Any fish may be served in this way, which is, however, particularly good for the remains of any rather coarse and tasteless fish, especially if originally stewed, or served *en casserole*.

It is manifest that in a book of this size it is impossible to reproduce even a tithe of the pretty ways in which clever cooks use up their scraps of cold fish and odds and ends of sauces, for it cannot be too strongly or too

frequently impressed on the average culinary artist (?) that a clever cook is invariably an economical one, and never *wastes* anything, however small; though he or she may be an expensive one, from the variety of materials needed.

If British housekeepers, and their attendants, could be induced to understand the importance of small things we could have far more variety and daintiness in our menus, and much less expense in our housekeeping; but it is safe to say this millenium will never come till the mistresses themselves will take an intelligent and practical interest in the service of their tables. It is to the interest a French house-mistress takes in her housekeeping and kitchen, that the much quoted superiority of the *bonne-à-tout-faire* over the British "general" is due. Angélique is perfectly aware that Madame expects, and is determined to have, full value for her culinary expenditure, not only in actual food, but in dainty and careful service, and is thoroughly capable, if need be, of giving practical demonstration of what she wants done, and moreover stands in no awe of Angélique. Mary-Jane, on the contrary, has not a little secret, and perhaps open, contempt for the "missus," the depths of whose ignorance she has long since fathomed, and is perfectly aware that the said mistress is haunted by a dread of worse befalling her, should she in any way ruffle the feelings of her *cordon bleu*, and lead to the much-dreaded phrase: "This day month, ma'am!"

CHAPTER VI.

SAUCES, GARNISHES, &c.

COLD fish, like all cold dishes indeed, requires dainty handling and decoration, and it cannot be too strongly impressed on the operator that the slightest appearance of heaviness, over-handling, or messiness, will spoil any dish, however choice its ingredients, or however well cooked they may be. Occasionally a little artificial colouring is almost indispensable to bring up the colour, but this cannot be too carefully, evenly grudgingly, added, for if at all overdone it at once vulgarises the *plat* completely. Never add any uneatable garnish to a dish if you can avoid it. Socles of fat or wax wonderfully carved, statuettes of wax, &c., may be needed for State banquets, or for large ballroom supper buffets, but for ordinary purposes a mould or socle of aspic, or jelly of any kind, or a croûton of bread, fried to a golden brown, and served plain or masked with any coloured butter to taste, is all that is necessary, and for such purposes is, moreover, in far better taste. Fish to be masked must be absolutely stiff-cold, before you attempt to mask it with any sauce; it must be neatly trimmed, the sauce (in the case of a large piece or whole fish) being gently poured over it, just as the liquid is on the point of setting. Where small pieces

or fillets are concerned, lift them on a broad-bladed or palette knife with your left hand, and ladle the just-stiffening sauce over them, with a spoon held in the right hand. Do this carefully so as to get the masking even and all over the article, then put it aside till the sauce is set, when if not sufficiently brilliant, a thin coating of plain aspic or savoury jelly may be poured over it all, and when this is firm it is ready for use. If savoury butter is used, as in *Saumon Montpélier*, &c., spread this evenly over the fish, smoothing it with a hot, damp knife, and finishing with jelly as before.

One of the prettiest decorations for cold dishes is chopped aspic, and, as will be seen later, it is not a very expensive or troublesome luxury. But please remember the finer it is chopped the prettier and brighter will it be. The knife used should be dipped in cold water, and the jelly should be chopped on a well-moistened sheet of paper; where you wish to use triangles, &c., of this jelly (aspic croûtons as they are technically called), run the just liquid jelly on to a perfectly clean dish or tin, to the thickness you wish your croûton to be, leave this till set, then stamp or cut it out to the size and shape you please. Again, if you wish to jelly fish fillets, &c., plainly, run a layer of aspic on a dish or tin (the lid of a biscuit tin answers well for this), and when this is all but set and is only just "tacky," as cooks say, lay the fillets on it, allowing a good margin between each, and then pour more jelly over it all till the fillets are perfectly covered. When this second layer is quite set, with a sharp knife or a cutter, cut out each piece, allowing an edge of aspic all round. These can then be dished as you please, the extra aspic jelly being chopped up for a garnish.

N.B.—This is an excellent method of preparing fillets (or, indeed, cutlets, &c.) for a picnic. Choose say a 2lb. biscuit tin with a well-fitting lid, pour in a layer of aspic one-eighth of an inch thick, then lay in some fillets as advised above, cover these with more jelly, then more fish, and so on, repeating the layers till the box is full, being careful to finish with jelly. Now let this set, cover with a moistened sheet of paper, fix on the lid tightly, and the tin will travel safely anywhere (even by post !) and can be turned out when wanted, cut up, and garnished as before. Rolled fillets, or paupiettes, may also be packed in the same way for such a purpose. For instance, collect small round cocoa or other tins, choosing the slender ones by preference, then pour in some of the aspic, slip in a paupiette, and pour over it sufficient jelly to cover it about half an inch thick ; on this when firm lay another paupiette, and more jelly. These tins usually only hold two sets of fish. When wanted, turn out and cut the little aspic roll in two, half-way between the two rolls of fish, and serve garnished with fresh watercress. The advantage of these makeshift moulds is that you need not trouble about them, and if one or two go astray it does not matter as it would were the fish moulded in your best little copper darioles or bombes. At the same time, though your cook will utilise these makeshifts complacently on such a "scratch" occasion (for she will be glad to save her cherished "moulds"), you have no right to expect her to be content with such oddments for ordinary daily use. If your style of living authorises such little dainties you must be prepared to supply the necessary adjuncts. Now this is a point on which many mistresses wreck their domestic peace. They simply *cannot* be made to see the value of labour-savers. If such things are suggested

they look horrified : " My dear, what nonsense ! A bain-marie in our kitchen ? All those moulds, stoners, corers, &c., in our house ? Certainly not, the woman would not know what to do with them ! They are for *chefs* and hotel kitchens ! " It never seems to strike them that if needed in a kitchen where there is a large culinary staff, they are doubly necessary where there is but one pair of hands, however willing, to do the work. Now this is a mistake seldom if ever made by foreign housewives. When their *bonne* suggests that " madame has ordered darioles (or whatever it may be), but has neglected to provide the necessary moulds, which she has doubtless forgotten ! " Madame shrugs her shoulders, and, muttering to herself : "*Qui veut la fin, veut les moyens*," goes off at once to order the articles desired. The next item for which directions are given, is the *savory butter*. This is a very important item in foreign cookery, as it is there held that a dash of one or other of these *beurres composés*, added just at the last to any sauce, imparts the crowning delicacy to the condiment. Abroad a morsel of fresh butter is all but invariably added to every sauce just as the pan is lifted off, the butter being dissolved by the heat of the liquid without actually cooking, thus giving just the fresh buttery taste which differentiates the French sauce from its English synonym. If to this fresh butter a further aroma be added, it follows naturally that the savour is still further increased, whilst the velvety texture is improved as well. For cold dishes these butters are fully as important, not only as garnishes in the shape of little balls, &c., but for use as a coating for cold fish, which may be varied wonderfully by the use of these flavoured butters.

Aspic.—If to be used simply as a garnish, a very good

form is the following : Put in a delicately-clean pan 2oz. of best leaf gelatine (we always use Mrs. A. B. Marshall's (30, Mortimer Street, Cavendish Square, as not only does it not vary in quality, but it needs no previous soaking), a quart of hot water, a dessertspoonful of salt, the juice of one lemon, a bay leaf, two or three sprays of green tarragon (or a tablespoonful of tarragon vinegar), a sliced onion, twenty peppercorns, a short gill of good vinegar (white wine vinegar if the aspic is to be pale, good brown malt vinegar if it is to be dark), and the whites and shells of two eggs. Mix these ingredients thoroughly, bring them to the boil, then run them all through the jelly bag. If properly made this produces a beautifully clear jelly.

———— *Jelly with Stock.*—Put into a pan 2oz. of Mrs. A. B. Marshall's leaf gelatine, a quart of hot, very clear consommé (meat or fish), a bay leaf, a dessertspoonful of salt, the juice of a lemon, a short gill of brown malt vinegar, a spray or two of tarragon (or a tablespoonful of tarragon vinegar), a sliced onion, and twenty peppercorns and allspice mixed. Bring all this to the boil, and then run it through the jelly bag. If this jelly is to be used for borders, or for the lining of a mould, 2½oz. of gelatine should be used.

A very nice *savoury jelly* may also be made in this way : Dissolve 2oz. of the leaf gelatine in one pint and a half of good fish stock (or the strained and skimmed court-bouillon in which fish has been cooked), with a dessertspoonful of salt, the finely-cut zest of two lemons (peeled thin enough to avoid any white pith), and the just-boiled whites of two eggs with their crushed shells, stirring it all over a sharp fire continuously till it just begins to boil, then draw it to the side, and only let it simmer for ten minutes. Now strain it very carefully

taste with salt and white pepper, and bring it gently to the boil; simmer till the gelatine is absolutely dissolved, then add a drop or two of Tabasco, a squeeze of lemon juice or a few drops of white tarragon vinegar, and mould as required in a well-rinsed mould. Some cooks boil a strip of lemon peel, or a blade of mace, &c., with the milk and gelatine, removing this before moulding, and add a good dust of coralline pepper.

Butter, Anchovy.—Well wash 8oz. of anchovies preserved in brine, bone and pound them, very smooth, with an ounce of butter, sieving it afterwards if you are not certain of having removed all bones, and lastly mix the whole with 3oz. or 4oz. of fresh butter. Anchovies preserved in oil are also nice, where the fish preserved in brine are considered too salt; whilst many cooks use anchovy paste or essence of anchovy with the butter to save themselves, but neither of these answer really so well as the fish. If the essence is used the yolk of a hard-boiled egg should be worked up with the butter, &c., to give it substance, whilst a drop or two of carmine may be needed to bring up the colour.

————— *Coralline.*—Put into a basin a teaspoonful of cayenne, coralline, or Nepal pepper, and work it to a smooth paste with about 4oz. of fresh butter, being careful to mix it well as this butter is not sieved. Coralline pepper is the best, as its tint is so bright, whilst its flavour is not so pronounced as that of the others. Searcy or celery salt are nice used thus.

————— *Curry.*—Fry a spoonful of good curry powder for a minute or two in an ounce of butter, leave it till cold, then work it into 3oz. or 4oz. of fresh butter, adding, if liked, a dust of coralline pepper and a drop or two of lemon juice. Unless you cook the curry it is apt to have a harsh, acrid taste like snuff.

———— *Gascony*.—Pick over a good bunch of watercress, wash, dry, and mince it well ; rub a mortar or basin two or three times with a clove of fresh-cut garlic, and pound the watercress in this, working in as much fresh butter as it will take up, and seasoning it to taste with salt and white pepper. This is one of many forms of Gascony butter, most of which, however, are too strongly flavoured to be acceptable in this country. Indeed, in this form you may omit the garlic altogether, simply using watercress and seasoning with the butter, but it must then be known as *Watercress butter*.

———— *Horseradish*.—Grate very finely one large or two small, well-washed and scraped horseradish, and pound this to a smooth paste with fresh butter, seasoning it to taste with chilli vinegar ; if preferred, butter whipped to a cream, or stiffly whipped cream may be used instead of plain butter, but any way this butter needs to be well iced.

———— *Lobster*.—Pound the shells and claws of a fine lobster to a smooth paste with as much fresh butter as it will take up ; then place this in a small pan or jar in the bain-marie (or in a stewpan three parts full of boiling water) and cook till the butter is all melted and nicely coloured. Now wring it through coarse muslin, and leave till set, when you scrape off any discoloured parts, wipe it well, and re-melt it, adding a little coralline pepper, stirring this all well together till it sets. This second melting improves both the texture and the colour. *Crayfish* and *shrimp butter* may be made in the same way ; but for shrimp butter most cooks prefer to use the shrimps whole, shells and all, pounding them with fresh butter, coralline pepper, and a dust of mace. *Prawn butter* is made in the same way, but a specially good *variante* is

produced by using 1oz. of curry butter with the fresh butter.

———— *Maitre d'Hôtel*.—Blanch some nice fresh parsley and press it (without squeezing it) till dry, then mince it finely, and pound this mince into as much fresh butter as it will take up, seasoning it with white pepper, salt, and lemon juice to taste. Be sure not to over-work this butter, or it will spoil. Shape into pats or balls as you please, and keep it on ice.

———— *Montpélér*.—This is made in two ways. The first is simply maitre d'hôtel butter, to which you add one or more washed and boned anchovies, in the pounding, working this all to a smooth paste; the second is obtained by pounding together 1oz. of ravigotte butter and one washed and boned anchovy with as much butter as it will take up.

———— *Mustard*.—Work together mustard flour with as much butter as it will take up, seasoning it with chilli vinegar and a little coralline pepper.

———— *Perigueux*.—Peel, trim, and mince five or six truffles and cook them for five minutes or so in a few spoonfuls of Madeira or sherry, then when cool, pound them in a mortar to a smooth paste with 4oz. of fresh butter; half a well washed and boned anchovy, or a few drops of essence of anchovy may be added if the dish it is to go with requires it.

———— *Ravigotte*.—Blanch and pound together a good spray each of parsley, chervil, and tarragon, some chives, a tiny shallot, and some small cress, and pimpernel if at hand; work this up with 1oz. of butter, white pepper, and a very little salt, and, if liked, half a teaspoonful of essence of anchovy, rubbing it all, if necessary, through a sieve and adding a drop or two of green colouring. If the anchovy is replaced

by a chopped and pounded gherkin or two, this becomes *B., Printanier.*

D'Uxelles Mixture.—This consists of equal quantities of minced parsley and mushrooms, with half a part of chives or finely-minced shallot, tossed in butter for a few minutes, and then left till cold. Take, say 4oz. each of parsley and mushrooms, 1½oz. of chives or shallot, and 2oz. of butter, and stir it all over the fire, seasoning it to taste with pepper and salt, stirring it all well together. This may be used for stuffing for fish, and is usually a great improvement on the minced and uncooked parsley, &c., so often recommended.

Egg Garnish.—The best form of this is obtained by breaking the eggs and separating the yolks and whites, cooking each in a different tin. Lightly mix together the yolks without actually beating them, then turn them into any convenient little mould, fold a sheet of paper, put it into a baking tin with a little hot water in it, set the mould in this and bake it gently in the oven till the egg is set, adding more water if necessary, at the same temperature. The whites can be baked or poached in the same way, but always cook it very gently, or it will not set flat, and will not then cut evenly for garnish.

SAUCES.—*Sce. Argenteuil.*—Pound the yolks of three hard-boiled eggs to a paste with half a gill of salad oil, a teaspoonful of mustard, a saltspoonful of pepper (red, black, or white, according to taste), and one of salt; mix this all thoroughly, then work in a tablespoonful of cold velouté sauce, and, lastly, a teaspoonful of tarragon vinegar and a spoonful of chopped green tarragon, or, failing this, a spoonful of chopped green parsley, and serve very cold. Excellent with most cold fish, but particularly good with cold broiled herring.

Sce. Béarnaise.—This is really, when cold, a form of

Dutch sauce, and is prepared thus : Put into a pan a gill each of Chablis and best vinegar (the white tarragon vinegar is nicest), with a teaspoonful of very finely-minced shallot and a pinch of salt, and boil it fast till reduced by half. Now strain it off, and leave till cold. Next make a good custard with the yolks of four eggs and half a pint of milk, season to taste with salt, and white and coralline pepper, then leave it on ice till cold. When both custard and wine, &c., are cold, whip the latter very, very gradually into the custard, and garnish with about a teaspoonful of minced green tarragon.

If to the above quantities you add two or three tablespoonfuls of good tomato purée, this makes a delicious sauce for serving with any cold fish under the name of *Sce. à la Française*. While, if you add a couple of tablespoonfuls of pounded shrimps and a spoonful more, coarsely minced, you produce *Sce. Cherbourg*—sometimes called *Sce. Normande*. In fact, this sauce may be varied almost indefinitely. If you have not the Chablis, use a gill each of white tarragon vinegar and the best plain vinegar.

Sce. Casanova.—Rub a bowl across once or twice with fresh cut garlic, then in it crush together the hard-boiled yolk of an egg, a pinch of salt, and of white pepper, a mustardspoonful each of French and English mustard, and a dust of coralline pepper ; now stir into this the yolk of a raw egg (this should be fresh, but not new-laid, for these never make such good sauce as eggs that are twenty-four hours old) ; stir this all together well, then add, almost drop by drop, a teaspoonful of good thick cream, and work it all together, adding gradually more cream till the sauce is about as thick as butter. (Be careful in adding this, as if you put in too much, the

sauce will thin suddenly, and will give a good deal of trouble to get thick again.) Now work into it, also very gradually, about one and a half teaspoonfuls of strained lemon juice ; and when ready this sauce should become quite white and thick. Rub the sauceboat in which it is to be served with the garlic, stir into the sauce the hard-boiled white of the egg and two or three truffles, all cut into julienne strips, then pour it into the boat and stand it on ice till wanted.

See. Chauffroix (Brown).—Put into a pan together a full gill of good brown sauce, two good tablespoonfuls of sherry, $\frac{1}{2}$ oz. of Lemco, half a pint of savoury jelly, and a good dust of coralline pepper ; boil it up sharply till reduced a fourth part, keeping it well skimmed whilst boiling, then tammy it, and use as it is setting. This sauce admits of considerable variation, according to the kind of sauce and wine used ; for instance, plain brown sauce requires sherry ; espagnole takes Madeira, champagne, or Burgundy ; or Chablis will go with either, according to the style of fish and garnish it is to go with ; truffles, for instance, used in perigeux sauce require Burgundy, either white or red, and so on. A little attention to these details makes a great difference in the delicacy of the dish. It is well also to remember that chauffroix sauce is not necessarily a form of aspic ; cooks are too apt to forget that the foundation flavour of aspic is always an acid that may not be, and, to speak the truth, very often is not, suitable for chauffroix sauces, which should be, and originally were, made without any stiffening substance whatever ; the consistency and flavour being obtained by the careful reduction of the sauce in question. Later on, when chefs learnt to be sparing, both in time and material, they stiffened their sauces, first with isinglass, and then

with gelatine, to avoid the expenditure of ingredients and labour necessitated by the ancient reduction process ; but they kept the line between *chaufroix* and *aspic* sauces very sharply defined.

———— (White).—For this reduce together a fourth part a gill of *béchamel* with a gill of thick cream and half a pint of savoury jelly, keeping it well skimmed ; sieve it, and use when setting.

———— (Pink, also called *à l'Aurore*).—Put a gill of cardinal sauce into a pan with a gill of thick cream and half a pint of jelly, reduce, skim, and sieve as before ; then add to it enough lobster coral butter (or coralline pepper butter) to bring it to a delicate pink, and use whilst cooling. This is a very favourite sauce. For the *Cardinal see*. you stir into half a pint of *velouté maigre* a few drops of lemon juice, a dash of cayenne, a little fish glaze, or Lemco, and essence of anchovy to taste ; let this boil up, and then use as above.

See, *Chervil Cream*.—Reduce a fourth part, as before, a gill each of thick cream, rich *béchamel*, and half a pint of jelly, then sieve, and for half a pint of this sauce stir in a good dust of salt, two teaspoonfuls finely-minced chervil, a few drops of chilli vinegar, and the same of lemon juice ; mix this all well together, and use when cooling. This sauce may be varied almost indefinitely ; for instance, use green tarragon and tarragon vinegar instead of the chervil, and you have *Crème Froide à l'Estragon*. Or minced parsley and plain vinegar may be used for *Crème au persil*, but in this case the sauce is improved by being brought to a pale green with a drop or two of parsley or other vegetable-green colouring ; or, again, very finely-grated horseradish and horseradish vinegar may be used ; this is particularly good with cold sturgeon, and is often known as *Crème Raifort*.

Sce., Cucumber Cream.—Cook a small cucumber till tender in milk, weak stock, or water, then sieve it, and when cold mix the purée with a gill of mayonnaise, half a gill of stiffly-whipped cream, a tablespoonful of tarragon vinegar, a pinch of salt, and a very small dust of caster sugar; colour this with a few drops of vegetable green, keeping the tint very pale, and just at the last stir in two tablespoonfuls of just liquid aspic jelly. For this sauce aspic should be used, as it suits the mayonnaise.

Sce., Curried (Iced).—Of this there are two kinds; for the first, reduce sharply nearly to half, half a pint each of thick, well-flavoured curry sauce and jelly (either savoury, or aspic, as you please); then, when cooling, stir into it a gill of stiffly-whipped cream, and use when just setting; or else place it in the ice cave, or on ice till almost frozen. This is particularly good with crab, lobster, or cold salmon. For the second method, stir together equal parts of mayonnaise and whipped cream, stirring in sufficient good curry-powder to flavour it appreciably, add a good dust of cayenne or coralline pepper, and serve.

Sce., Dutch (Cold).—Dutch, or Hollandaise, sauce is, in its original state, essentially a hot sauce, the mixture of flavoured butter and eggs of which it is composed being far too rich to eat cold; still, where a sauce of this kind is desired, a very palatable cold version may be made by using a custard of eggs and milk, seasoned to taste as the foundation. For instance, put half a pint of good vinegar in a pan with a teaspoonful of minced shallot or onion, some roughly-bruised allspice or black peppercorns, and a bay leaf, with a little salt, and boil this sharply till reduced to a gill, strain it, and let it get cold. Now make a custard as for the béarnaise given

above, and work into this very gradually the reduced vinegar, till it is smooth and perfectly blended, add a little minced tarragon, and use cold. This is also very good if white vin ordinaire is used instead of the vinegar.

Sce., Horseradish (Crème Raifort).—Well wash, scrape, and grate very finely a stick of young horseradish, and to two good tablespoonfuls of this add half a teaspoonful of salt, and about half a gill of single cream or new milk, simmer this gently together for a minute or two to extract the flavour of the horseradish, but mind it does not boil hard; then stir in quickly, off the fire, one and a half tablespoonfuls of vinegar (either plain or seasoned) and a tiny dust of caster sugar; let this cool, then stand it on ice till wanted. Another way is to clean and grate the horseradish as above, then whisk it quickly into a gill of stiffly-whipped cream, flavouring it as you do so with cayenne and lemon juice, or chilli vinegar. Abroad, thick sour cream is mostly used for this sauce.

Sce., Lobster.—Pick the meat from a lobster and cut it into neat dice, break up the shell and boil it in milk, or fish stock, or water, as you please, till the liquid is thoroughly flavoured; then melt $\frac{1}{2}$ oz. of fresh butter, and sprinkle in from $\frac{1}{2}$ oz. to 1 oz. of fine, sifted flour (according to the richness you wish your sauce to be), and stir this over the fire till the butter has thoroughly absorbed the flour, and the two form a smooth, even paste; then add gradually half a pint of the liquor in which you boiled the lobster shell, stirring it steadily all the time to prevent any lumps forming; when the liquid is well amalgamated, boil it together for ten minutes or so, then add a dash of lemon juice, coralline pepper, the minced lobster, and at the very last, a spoonful of cream, or a tiny pat of butter, but do not

leave the pan on the fire after adding the butter. A few drops of essence of anchovy are an addition to this sauce, but must be added very carefully, as the anchovy must not betray its presence, but is only used to bring out the flavour of the lobster. *Shrimp sce.* is made in precisely the same way ; boiling the shells to flavour the stock, and adding at the last a drop or two of carmine to colour it a pale pink. *Crab sce.* may be made in the same way, though you need not boil the shell, but for this sauce it is always better to use a very rich béchamel made with fish stock.

Sce. Mayonnaise.—Rub together a teaspoonful of mustard flour, about half an average saltspoonful of salt, and the same of white pepper, work into this the raw yolk of an egg ; mix in with a wooden spoon, almost drop by drop, some good salad oil, till it is as thick as butter, then stir in about a teaspoonful or so of vinegar, plain, or flavoured, as you please, when it will become quite creamy, and is ready for use. This will take very nearly half a pint of salad oil. Of course the amount of vinegar is a matter of taste, but must not be overdone. The great secret in making mayonnaise is to add the oil as slowly as possible at first ; if added too quickly it may thin suddenly, or it may curdle, and then the only thing is to break another egg yolk into a fresh, clean basin, and work the curdled sauce into it almost drop by drop. If this sauce must be kept, add a tablespoonful of *boiling* water to it very carefully at the last, and cork it down closely in a wide-mouthed bottle, so that the air does not get to it till required for use ; for if it does the sauce will inevitably become rank and strong.

In America a *cooked mayonnaise* is used, which is said to keep for a few days without deteriorating. For this beat well together the yolks of five eggs in a jug,

then add a coffeecupful of vinegar, from 1½oz. to 2oz. of butter, a tablespoonful of made mustard, a dessert-spoonful of salt, and a little white pepper; stand the jug in a pan of boiling water over the fire, and keep it stirred till it thickens like a custard. Now let it cool, then stir in the stiffly-whipped whites of the eggs, and use with any cold fish. If you blanch (*i.e.*, put on in cold water, bring to the boil, strain off, and rinse in cold water), say, a small handful each of chervil, chives, parsley, spinach, tarragon, watercress (and burnet if available), according to what you have, then dry and mince them very fine, and pound them with a little butter to a smooth paste, then mix this with half a pint of rich mayonnaise sauce, adding a drop of vegetable green colouring, it becomes *Mayonnaise verte*, *Sce. Vert-pré*, or one form of *Sce. Ravigotte*. (The other form of this is made by blanching, drying, and mincing the herbs as before, and stirring them till fairly thick into a French salad dressing.) If you add these minced herbs to a white mayonnaise, stirring in at the last hard-boiled egg yolk and white, and truffles, &c., cut into julienne strips, with some small dice of lobster or prawns, it becomes *Sce. à la Prince de Galles*, a favourite adjunct to *filets de sole en aspic*.

Of *red mayonnaise* there are two forms, one made by incorporating a little coralline pepper and some mustard (to taste) with half a pint of good mayonnaise, working in as much pounded and sieved lobster coral as will bring it all to a rich red colour. (This should be made in the boat it is to be served in, and should be kept on ice.) The other form, also called *tomato mayonnaise*, is made by blending either a gill of French *consERVE de tomates*, or a purée made by sieving four large ripe tomatoes with a tablespoonful of tarragon

vinegar (or a teaspoonful of anchovy and three of plain vinegar), and rather better than a gill of rich mayonnaise. If instead of oil, vinegar, and egg yolks you use lemon juice, cream, and egg whites, you will get a very dainty *white mayonnaise*, most useful for serving with delicate fish of any kind. Either this form, or ordinary mayonnaise, is also excellent if just before serving you stir into it a good tablespoonful of drained and minced olives, a few drops of lemon juice, and a dust of coralline pepper, when it is known as *M. aux Olives*. If ordinary mayonnaise is used, half a gill of stiffly-whipped cream or a stiffly whisked egg-white should be stirred in just at the last, and a better sauce for cold fillets of sole is hard to find. If any of these mayonnaises is required for masking fish, &c., mix three full tablespoonfuls of the mayonnaise chosen with a short half pint of just liquid aspic, and use when setting. This is then known as red, white, or green *mayonnaise aspic*, according to the mayonnaise chosen. If, again, you add about an extra teaspoonful of mustard flour to the raw yolk of egg when starting the mixing, using shallot or anchovy vinegar, instead of plain or otherwise seasoned vinegar, herbs as for *mayonnaise verte*, but minced, not pounded, finishing with a dessert-spoonful of sliced gherkin or minced capers, or half of each, you get a *tartare sauce*. If, again, you mix the mayonnaise in the first instance with a tablespoonful of French mustard, preferably *moutarde de Maille*, then add the pounded herbs, with either four washed boned, and minced anchovies or a proportionate amount of anchovy paste, you obtain *mayonnaise à la rémoulade*, or more shortly, *Sce. Rémoulade*.

A *mayonnaise collée* or gelatine-stiffened mayonnaise is often used by foreign cooks that differs in some degree

from the ordinary mayonnaise aspic given above. For this put into a basin half a pint of liquid aspic, and as it is beginning to set whisk in, a very little at a time, about a gill of best salad oil. As this thickens, which it soon does, beat in more oil till you get the quantity and texture required, then add a little vinegar plain or seasoned (being careful not to get it too tart), a good sprinkling of finely-minced *finer herbes*, or parsley, chervil, chives, and green tarragon, and at the last stir in about a tablespoonful of cream. This is not a necessity, but is a great addition.

Sce., Oyster.—Beard as many oysters as you need and save their liquor, add to this as much water as will make up a generous half pint, and boil the beards in it till the liquor is well flavoured. Now take 1½oz. of white roux (or 1oz. butter and ½oz. of flour stirred together over the fire till blended to a smooth paste) and moisten it with the oyster liquor, boiling it all together for a few minutes till perfectly amalgamated, and when ready lay in the oysters, whole or halved, and let them heat gently till quite hot, but without boiling; ½oz. of butter, or one or two spoonfuls of cream stirred in at the last with a few drops of lemon juice, and a seasoning of white pepper and salt finish it.

Sce. Ste. Ménéhoulde.—Rub a basin three or four times with fresh-cut garlic, and pound together in it the hard-boiled yolks of three eggs, half a gill of made mustard, salt, pepper, two shallots, a small onion blanched and minced, and a little parsley. When this is all smooth, add in, almost drop by drop, six tablespoonfuls of oil, and then as it thickens work in two tablespoonfuls of best vinegar, and stand on ice.

Sce., Sardine.—Boil sharply a short half pint of fish stock with a strip of lemon peel, a bay leaf, some

parsley, and six or eight white peppercorns; when reduced to half, strain and stir into it a gill of just liquid aspic jelly, six boned, wiped, and smoothly pounded sardines, adding lastly, when it is cold and all but setting, a gill of stiffly-whipped cream. Set on ice till wanted.

Sce. Suédoise.—Stir together two tablespoonfuls each of finely-grated horseradish and thick cream, add these to half a pint of rather thick mayonnaise, with a dash of cayenne, and set on ice till wanted, or freeze it in a Neapolitan ice-mould in the charged ice cave, and serve cut into fingers.

Sce., Tomato Cream.—Crush and sieve four large ripe tomatoes, adding salt, pepper, and, if necessary, a drop or two of carmine; then mix it with half a gill of just liquid aspic, also a dessertspoonful of tarragon vinegar, a teaspoonful of chilli vinegar, a little finely-minced tarragon and chervil, and lastly a short gill of stiffly-whipped cream. Failing fresh tomatoes use a gill of the French *conserves de tomates*, but in that case be careful with the vinegar.

———— (*Iced*).—Cook together four tablespoonfuls of *conserves de tomates*, four sliced tomatoes, a dessertspoonful of good vinegar, an ounce of butter, and a little cayenne till soft enough to pulp through a sieve, and stand this on ice or in the ice cave till wanted.

————. Halve 3lb. of good, ripe, and red tomatoes, and place them in a large pan with a good bouquet, two pinches of salt, one of pepper, and a full gill of water; cook this all gently together for forty minutes, stirring it every five or six minutes with a very clean wooden spoon, to prevent its catching, then sieve it, add to it one-third of a pint of good brown sauce, and cook this together for twenty minutes longer, stirring it now

and again during the process. This can also be made with canned tomatoes, simply sieving these into rather more than a gill of the brown sauce. Do not get this sauce too thick.

Sce., Vinaigrette.—Dissolve a small teaspoonful of fine salt and one-fourth teaspoonful of freshly-ground black pepper in two tablespoonfuls of good vinegar, then work into it six or seven tablespoonfuls of best salad oil, tossing the salad into this, and, when it is all well mixed, adding a spoonful or two of minced herbs, such as chervil, chives, parsley, green tarragon, &c., known in France as the *fourniture*. Putting the salt and pepper into the vinegar dissolves it, and avoids any chance of the gritty taste many people dislike so much. Many salad-makers mix the vinegar, &c., first with the salad, and then add the oil, tossing it all together again for the second time. In this country few people remember that, in old-fashioned France, mixing this dish was known as *fatiguer la salade*, as they held that it could hardly be too much mixed.

Sce., Watercress.—Well wash and pound half a market bunch of watercress with a dessertspoonful of capers, 1oz. of butter, and the yolks of two hard-boiled eggs, sieve this, and stir it into one-third of a pint of rich mayonnaise and half a gill of stiffly-whipped cream.

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